CANADIAN FARM COOK BOOK

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CANADIAN FARM COOK BOOK

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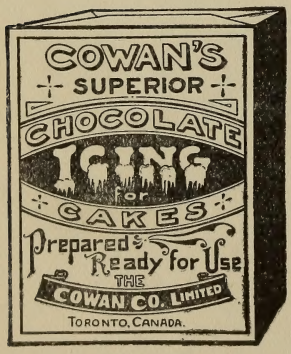

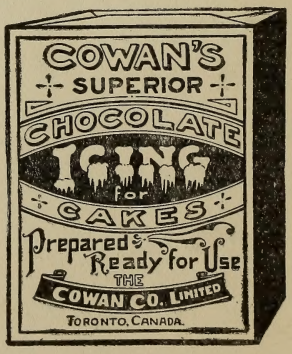

THE COWAN COMPANY LIMITED
TORONTO, ONTARIO

CANADIAN FARM COOK BOOK

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THE WOMAN'S DEPARTMENT
CANADIAN FARM

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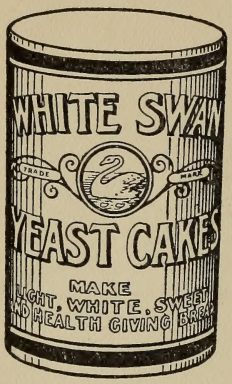

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INTRODUCTION

Canadian Farm Cook Book is compiled from a large number of recipes submitted by our women readers from every province of Canada. All the good recipes are not included, owing to the large number received, but it is needless to say that those selected are trustworthy and are vouched for by capable housewives as their choicest and best.

Reliability as well as simplicity and economy are its outstanding features. The recipes are plain and wholesome and, for the most part, inexpensive and easy of preparation. This book is not only designed to solve the problem of what to cook and how to cook it for the busy housewife, experienced in culinary conceits, but for the young beginner as well.

In placing this book before its readers, CANADIAN FARM desires to express its appreciation of the ready response given to the request for "Tried and True Recipes," and only regrets that space does not allow the acceptance of many other good recipes received.

CANADIAN FARM

TORONTO, CANADA

Canadian Farm Cook Book

BREAD

METHODS OF MAKING BREAD

There are various methods of making bread in the home. A few of the methods and their uses are discussed below.

1. *The ferment, sponge and dough method* is one of the most common methods in use, consisting of a ferment, sponge and dough stage. (*a*) *Ferment:* A thin batter made up of potato or plain water, a little sugar, and enough flour to make a pour batter, placed in a temperature of from 70 to 80° F., until it is light and spongy. This method is best suited to the use of dry compressed yeast, which is in a dry, dormant state, and needs the food, moisture, and warmth to bring it into a healthy, vigorous ferment. (*b*) *Sponge:* At the stage the sugar, salt, shortening and sufficient liquid to make the desired amount of bread is added to the ferment, and flour added to make a thick batter, and this sponge is allowed to rise from 8 to 10 hours. (*c*) *Dough:* The dough is then made by the addition of all the flour needed to make the mass of the desired consistency.

2. *Sponge and dough,* probably the most widely used in the home, and the best adapted to the uses of the soft and hard flours. Sponge may be made with hard Manitoba flour, and fermented from 6 to 10 hours. The hard flours take a much longer time to ripen, hence the reason for giving them the longer time in the sponge. Potato water and a little mashed potato improves this sponge. This is a desirable method where the home-made yeast is used, or the moist compressed yeast. The dough is made from this sponge with either hard or soft flour, either giving good results when properly

used. The soft flour gives a loaf of very close texture, but a characteristic sweet flavour that is very much liked by some people, and can only be obtained where Ontario winter wheat flour is used.

3. *Offhand dough* is that method in which the dough is made direct without any preceding stages of ferment and sponge, and it is the best method to use when it is desirable to make bread in a short time. Because of the short fermentation period, it is necessary to use a much larger amount of yeast in proportion to the amount of liquid, and flavor must to some extent be sacrificed, but, if rightly manipulated, this method makes very nice bread, and one in which a good grade of soft flour may be used. It is also a good method to follow in winter when there is no means of controlling temperature. The following recipes, typical of each process, are used in our flour-testing laboratories with satisfactory results.

The beginner is advised to start with the first method and become thoroughly familiar with its successful use before proceeding to the others. She is also urged to use a thermometer in order to become sensitive to correct temperature as soon as possible. After these typical recipes are mastered the beginner should be able to follow the variations of any good cook book.

The following are the detailed directions for making bread by each of the above methods. When the recipe does not provide sufficient materials to make the desired quantity of bread, the amount of the various ingredients may be halved, doubled or changed in any way, provided their relative proportion remains the same.

I. Ferment, Sponge and Dough Method.

1 White Swan Yeast Cake.
2 quarts liquid.
2 level tablespoons salt.
2 level tablespoons sugar.
2 level tablespoons lard.
Flour.

Preparation of Ferment. Put a pint of water at a temperature of about 90° F. into a bowl, drop the dry

yeast cake into it and soak for half an hour, then stir in enough flour to make a thin batter, add one tablespoon sugar, and beat with a dover beater until well mixed and full of bubbles. Stand in a temperature of 70° to 80° F. until light, which will take from four to five hours.

Preparation of Sponge. When the ferment is ready, put the rest of the sugar, salt and lard into a kneading-pan, bring the rest of the liquid to 90° F. and add it to the ingredients in the pan. Add enough strong flour to make a batter that will beat without spattering; add the ferment and beat until it looks smooth and elastic. This will probably take 15 or 20 minutes. Cover closely, and keep at a temperature of 70° F., until light and spongy. This will take from 9 to 10 hours.

Preparation of Dough. When the sponge is ready stir in strong flour until too stiff to use the spoon, then mix in more with a stiff-bladed knife or the hand, until the dough no longer sticks to the fingers. Turn the dough out on the moulding-board to knead, leaving the pan quite clean. The dough should knead without flour being put on the board or hands; if it proves sticky return it to the pan and mix in more flour, remembering that while too slack a dough makes coarse-textured bread, too stiff a dough makes slow-rising bread, which will dry out quickly. Knead lightly until the mass is elastic and velvety, the surface covered with a film of tiny bubbles, and a cut with a sharp knife shows the inside full of fine even bubbles, and free from lumps or unmixed portions. Grease the kneading-pan lightly with lard, warm both pan and cover if they are cold, put in the dough, cover closely, and keep at a temperature of 80° F. until rather more than doubled in volume, or until a gentle slap with the tips of the fingers causes it to fall in. This will take from 2 to 3 hours.

Knead lightly in the pan for a minute to get rid of the larger bubbles and return to rise a second time until double in volume. This will take from 1 to 2 hours.

WHITE SWAN YEAST CAKES—ALWAYS KNEADED

Divide into loaves that will half fill the bread tins. Knead each piece only enough to get rid of large bubbles and smooth the surface, and put it into a greased tin. Keep at a temperature of 70° to 80° F. until doubled in volume, when they should have a bold, nicely-rounded appearance.

Bake an hour in an oven about 350° F. When done, the loaves should give a hollow sound when tapped on the bottom.

When baked remove at once from the pan, and stand on edge or across the top of the pans, that the air may get to all parts and cool it quickly.

Variations.

1. The above calls for strong flour. Soft flour may be used for the dough stage, but must be kneaded down before it has quite doubled in volume each time. It is not advisable to use soft flour for the ferment and sponge stages, as it does not stand the long fermentation.

2. Home-made yeast may be used instead of the dry yeast. Use one cup home-made yeast and only 3½ pints of liquid.

3. The liquid may be part milk (scalded) and part water. The latter may be potato water, *i.e.*, water in which two or three potatoes have been boiled, removed and finely mashed and returned to the liquid.

4. The potato water may form the liquid for the ferment stage, and the mashed potatoes added when the sponge is made. Potatoes give that silkiness of texture so much desired by good breadmakers.

5. If the dough is kept covered while rising, it will not form a crust. If it seems inclined to form a crust, moisten it with warm milk and water. A crust is to be avoided, as it makes a streak through the loaf if kneaded in at the early stage, and an unsightly crust on the baked loaf if allowed to form in the last stages.

6. The second rising of the dough may be omitted, although the extra rising makes the loaf a rather finer texture.

7. The bread-mixer may be used to knead the dough after it is known exactly how much flour the liquid will need to make dough of the right stiffness.

II. Sponge and Dough Method.

1 White Swan Yeast Cake.
2 quarts liquid at 90° F.
2 level tablespoons salt.
2 level tablespoons sugar.
2 level tablespoons lard or butter.
Flour.

Mix the yeast and half of the sugar in ¼ cup of warm water, and let it stand at a temperature of 80° F. for 15 or 20 minutes to start fermentation.

Measure the shortening, salt, and rest of sugar, into kneading-pan, stir in the rest of the liquid, and mix in flour enough to beat without spattering. Then add the well-fermented yeast and beat with a wooden spoon until it looks smooth and elastic.

From this point treat just the same as in the ferment, sponge and dough method.

Variations.

1. The above calls for strong flour. Soft flour may be used for the dough stage, but must then be kneaded down before it has quite doubled in volume each time.

2. The second rising of the dough may be omitted, but the extra rising makes a loaf of rather finer texture. When a large batch is being made, this may be taken advantage of to delay the baking of part until the first part is out of the oven.

3. The liquid may be all water, part water and part milk, or part potato-water and part milk.

4. Home-made yeast may replace the compressed yeast. Use one cup home-made yeast and only 3½ pints liquid.

5. If the flour is taken from a cold place in the winter, it should be brought to a temperature of 80° F. before mixing it into either sponge or dough. When one has learned by experience what quantity of flour

Cowan's Perfection Cocoa makes sturdy children

the liquid will take up, it is a good plan to measure the whole quantity into a kneading-pan, mix the sponge in another dish, make a well in the rest of the flour in the kneading-pan, pour in the sponge and stand the whole in a warm place to rise; then when the sponge is risen the rest of the flour can be kneaded in.

III. Quick Method.

½ cup milk.
¾ cup water.
1 White Swan Yeast Cake.
1 teaspoon salt.
1 teaspoon sugar.
1 teaspoon lard or butter.
Flour.

Put the sugar and yeast into a cup, add ¼ cup of the water warmed to 90° F., mix until the whole is smooth and the sugar dissolved, and stand in a temperature of 80° F. for 15 or 20 minutes to begin fermenting. Put the milk on to scald. Measure the salt and shortening into the kneading-pan, pour in the scalded milk, add the rest of the water, and bring the temperature to about 90° F. Add strong flour enough at the same temperature to make a batter that will beat without spattering; add the yeast, now fermenting vigorously, and beat with a wooden spoon until it looks smooth and elastic. Mix in at once enough warm flour to make a dough that will not stick to the fingers, turn out on the moulding board and knead as usual. Return to the warm greased kneading-pan, cover closely, and stand in a temperature of 70° to 80° F. until risen to rather more than double in volume. This will take 2 to 3 hours.

Knead lightly in the pan for a minute to get rid of the larger bubbles, and stand back in the warm place to rise again until double in volume. This will take 1 to 2 hours.

Shape into loaves that will half fill the bread tins, kneading only to get rid of large bubbles, and smooth the surface. Let rise until doubled in volume, then bake and cool as usual.

VARIATIONS.

1. Soft flours may be used for the whole process in this method, but care must be taken to knead it down at the proper time. It should be allowed to rise the first time to a little less than double in volume, and succeeding times still a little less. Once over-risen, soft flour dough is very hard to make into a good bread.

2. This process may be used for setting over night, using 1 White Swan Yeast Cake to six times the quantity of all the other ingredients, and allowing it to rise 9 to 10 hours the first time. The longer time will develop a delicious flavor which can never be attained by the short process.

3. Home-made yeast may be used, omitting the water. Bring the yeast to 80° F., add the sugar, and allow it to stand 10 to 20 minutes to begin working before adding it to the sponge.

HOME-MADE YEAST.

4 medium-sized potatoes.
½ cup hops.
1 quart boiling water.
½ cup sugar.
1 cup flour.
2 level tablespoons salt.
1 White Swan Yeast Cake.

Boil the potatoes, drain away the water, and mash the potatoes until free from lumps. Pour the boiling water, which may contain the water drained from the potatoes, over the hops and simmer 15 minutes. Measure into a three-quart bowl, or crock, the flour, sugar and salt, and mix them thoroughly. Strain the hop water, and add at once to the crock, stirring rapidly all the time. Add the mashed potatoes and give the whole a thorough beating. Cool to 70° or 80° F., and add one White Swan Yeast Cake or one dry yeast cake soaked in ½ cup of warm water for half an hour. Keep at a temperature of 70° F. for 3 or 4 hours, stirring down as often as it comes to the top. Bottle and keep in a cool place. Do not cork it tightly at first.

One cup of yeast is equal to one compressed or one dry yeast cake.

WHITE SWAN YEAST CAKES make Baking Day a pleasure

ROLLS.

1½ cups milk.
½ cup water.
1 White Swan Yeast Cake.
2 level teaspoons salt.
2 level tablespoons sugar.
2 level tablespoons butter.
1 level tablespoon lard.
Flour.

Put the yeast cake and one tablespoon of the sugar in a cup, add ¼ cup of the water warmed to 90° F., mix until smooth and the sugar is dissolved, and stand in a temperature of 80° F. for 20 minutes. Put the milk on to scald. Measure the butter, lard, salt, and the rest of the sugar into a kneading-pan, pour in the scalding milk, add the remaining ¼ cup of cold water, and allow it to come to 90° F.

Add enough flour to make a batter that will not spatter when beaten, stir in the fermenting yeast, and beat until it looks smooth and elastic.

Mix in enough more flour to make a dough that will not stick to the hands. Turn out on the board and knead until smooth, velvety and even textured. Return to the warm, greased bread-tin, cover closely, and keep at 80° F. until nearly tripled in volume.

Knead down in the pan, and let rise again at 80° F., until double in volume.

Shape into small rolls, remembering that they will increase greatly in size, put them into greased pans, and stand in a temperature of 80° F. until doubled in volume. Take care that the surface does not dry. If it is not possible to keep them covered closely, it will be necessary to moisten the top occasionally with warm milk or water.

Bake in a little hotter oven than used for bread for from 20 to 35 minutes, depending on the size of the rolls and the heat of the oven. The oven must not be too hot at first or it will prevent the expansion of the rolls, and may result in doughy centres.

Cool quickly by exposing as much surface as possible to the air.

SUMMARY.

The essentials of successful home breadmaking are:

1. Good bread flour.
2. Good yeast.
3. Dough of the right consistency.
4. Control of the temperature at all stages.
5. To remember that soft flour has not the expansive power of strong flour, and that soft flour doughs must never be allowed to rise longer than necessary. If it rises to the point of falling back, results will not be good.
6. To avoid drying out of the surface at all stages, as this makes a dark streak through the baked loaf. —MACDONALD INSTITUTE, Guelph, Ont.

OBJECTS OF KNEADING BREAD.

1. To mix the ingredients. To make the gluton elastic. 2. To break the bubbles and distribute dioxide gas evenly.

Bread is baked:—1 to kill the yeast plants. 2. To make starch digestible. 3. To drive off alcohol and carbon dioxide gas. 4. To form a brown crust.

When bread is baked it will not stick to the pans if they have been well greased or floured. Remove loaves at once and turn on a wire rack or on a cloth. The crust may be rubbed with butter or milk if a soft crust is desired, but if a hard crust is desired cool uncovered. —GLADYS HARRIS, 101 Park St., Buffalo, N.Y.

When making bread, try putting a beaten egg in for each double loaf. Put this in in the morning when you go to mix the bread.

When cutting fresh bread try dipping your knife in hot water.—MRS. MENNO SMITH, Edgeley, Ont.

WET YEAST.—Boil 1 large handful of hops in a gallon of water for half an hour, grate 5 medium-sized potatoes and strain the boiling liquid over it, stirring well; add a little salt, sugar and ginger; let cool, then add 1 White Swan Yeast Cake and put in a warm place to rise; stir frequently. It is best made in a large dish and afterwards put into a jar and corked tight. —MRS. HARRY PLATTS, Alma, Lot 3, P.E.I.

Try Cowan's Perfection Cocoa for Breakfast—Luncheon Tea

YEAST FOR FOUR-HOUR BREAD.—Peel and slice 2 quarts of potatoes, boil in 2 quarts of water. When cooked, scald 2 cups of flour with water of potatoes and add 2 quarts cold water; add 1 cup brown sugar and ½ cup salt, along with mashed potatoes; add 2 White Swan Yeast Cakes dissolved in a cup of warm water. Set in a warm place, stirring 3 or 4 times. For making each loaf use a cup of yeast and 1 of warm water.—Mrs. Geo. N. Langman, Rugby, Ont.

HOME-MADE YEAST.—1 cup flour, 1 cup salt, 1 cup sugar, put in a dish and mix well together; 4 quarts of water put in a pot and when boiling put in three large handfuls of hops; boil thirty minutes, pour on flour, sugar and salt; when cool, put in White Swan Yeast Cake to start with; boil 12 large potatoes, mash fine, and add to mixture. Cover tight, put in a warm place till it ferments. Shake well before using.

BREAD.—Three pints of lukewarm water, add flour enough to make a thick batter, add one cup of this yeast, let rise till morning, then add salt to taste; mix in flour enough to make into loaves, let rise, then put in pans.—Mrs. G. W. Binnie, Craighurst, Ont.

YEAST FOR USE IN MAKING BREAD.—12 medium-sized potatoes, 3 tablespoons flour, 2 tablespoons sugar, 1 teaspoon salt, 1 cup lukewarm water, 3 White Swan Yeast Cakes, 1 quart cold water, 3 parts hot water. Method: Pare and boil potatoes, mash well. There should be 1 quart water on them when done; put the flour in a crock, sugar and salt, scald with 1 pint boiling water, then add the quart of hot water from the potatoes, with 1 quart cold water. Soak yeast cakes in lukewarm water, then add to the mixture when about cold, and let it rise all night. Keep in a cool place. It will keep from 3 weeks to a month.

BREAD.—Take a pint of the yeast for every loaf required. Set on the stove and stir with the hand until warm (not hot), warm a quantity of flour, add a little salt, sugar and butter (about a tablespoon of each for

three loaves). Make into a dough, let rise about 1 hour. Then knead, when light again mould into loaves, let rise. Bake in a hot oven about 1 hour or maybe more, according to size. Sugar and butter may be omitted. Do not put salt in upon the yeast, as it kills yeast germs.—ETHEL HERON, Regina, Sask.

PERPETUAL YEAST.—3 cups potato water, 1 cup granulated sugar and 1 White Swan Yeast Cake. Let stand 48 hours where temperature is moderate, then seal in 2 quart can and set in cool place. METHOD: At noon, save 3 cups potato water and add ¾ cup granulated sugar; pour in the yeast. At night take 3 cups of this liquid and to it add 3 cups warm water (always cup for cup); allow 3 cups of flour to 1 of liquid; add 1 tablespoon butter and 1 tablespoon salt. If larger batch is desired, save more potato water at noon. Knead well and put in pan to rise. In morning make into loaves. If yeast is put with potato water at night you may knead stiff in morning. Grease loaves with melted butter just before placing in oven.—MRS. J. D. MCMILLAN, Harwich P.O., Ont.

BREAD.—At night put in the bake dish 4 quarts warm water, 3 level tablespoons salt, 2 White Swan Yeast Cakes, mix all together with enough good flour to make a thin batter. Next morning, when nice and light, put in 1 cup sugar, mix stiff and knead a few minutes, let rise and make into loaves. This will make 8 loaves. Let them rise and bake in moderate oven for one hour. —MRS. A. HARDIE, Hurdville, Ont.

2.—2 tablespoons granulated sugar, 1 tablespoon salt, 1 tablespoon lard, 2 cups mashed potatoes, 1 White Swan Yeast Cake. At noon mix sugar, salt, lard and potatoes in crock, pouring over this the hot potato water. When cool add yeast cake which has been dissolved in a half cup warm water. By night this should look foamy. In the morning warm the mixture and mix stiff with flour. When light knead and put in pans.—MRS. OWEN CUTLER, Corinth, Ont.

3.—Have mashed potatoes for dinner at noon; save potato water, take 5 tablespoons mashed potato,

WHITE SWAN YEAST CAKES expel disappointments

2 tablespoons salt, 1 tablespoon sugar and cold water enough to make mixture lukewarm; beat thoroughly together and add 1 White Swan Yeast Cake. Let stand until night, then measure the yeast into a quart (dipper) measure and add enough warm (not hot) water to make four quarts of liquid; into this stir the flour gradually until too stiff for the spoon, then mix with hands to a medium stiff dough. The dough should not be sticky, but should yield readily to pressure. Put in warm place till morning, then work down in the pan, let stand until light again, when it should be moulded into loaves. Let rise one hour, put into medium hot oven, and bake from 1 to 1¼ hours.—M. G. LAIDMAN, Penticton, B.C.

THREE-HOUR BREAD.—½ cup flour, ½ cup white sugar, ¼ cup salt, scald with the water of the potatoes, add 1 quart of mashed potatoes and 3 quarts of boiling water and when cool enough add 1 White Swan Yeast Cake. Set in a warm place to rise over night. In the morning put this yeast into your flour (have the flour warm), mix stiff, let rise 1 hour, mix down, let rise 1 hour, then put in pans; let rise and bake. This recipe makes 7 loaves of nice sweet bread.—MRS. J. A. SCOTT, Rugby P.O., Ont.

FOUR-HOUR BREAD.—On the day before the baking is to be done, drain the water in which the potatoes for dinner have been boiled into a small pail or crock, add 6 potatoes mashed fine, and when it has cooled add 2 cups flour, 1 cup sugar, about ⅓ cup salt, and enough warm water to make three quarts; now add a White Swan Yeast Cake and set away in a warm place until the next day. When ready to bake set this pail or crock in a pan of warm water until it is warm (not hot), then add flour enough to knead into a stiff dough. Let it rise; when light, knead again and put in tins; let it rise again and bake.—MRS. GEO. HAYWARD, Corinth, Ont.

FOUR-HOUR BREAD YEAST.—Boil 12 medium-sized potatoes, have ready in a 2-gallon crock 4 heaping

tablespoons flour, 2 heaping tablespoons salt, 2 heaping tablespoons sugar; scald with potato water, mash potatoes through colander, then add enough water to make about 1½ gallons, lukewarm, then add 2 White Swan Yeast Cakes which have been soaked in a little warm water; set in a warm place to rise.

BREAD.—Allow 2 cups of yeast for every loaf of bread; warm the yeast and flour, add a little salt, mix stiff and let rise, knead and let rise again; put in pans and rise again and bake. Keep at an even temperature while rising.—MRS. A. J. PATERSON, Ellesmere, Ont.

FIVE-HOUR BREAD.—Take 12 large potatoes, peel boil and mash fine, then take 2½ cups flour and 2 tablespoons brown sugar and 1 tablespoon salt, and scald this with 1 quart boiling water; mix well, then add the potato water, then 1 quart of cold water; put 2 White Swan Yeast Cakes to soak in a little warm water and when the yeast is lukewarm, put the yeast cakes in and let rise. One cup of yeast and 1 of water makes 1 loaf.

SALT-RISING BREAD.—The following is the recipe of the good old-fashioned salt-rising bread so commonly known in the days of our grandmothers. Pour half a pint of water on 2 tablespoons of cornmeal and a generous pinch of salt. Let it stand for 10 minutes, then stir in 2 tablespoons of flour and set it in a warm place to rise over night. In the morning add half a pint of fresh, sweet milk, or warm water—either must be lukewarm—and just flour enough to make the yeast smooth; then put the vessel containing it in a pan or kettle of hot water, hot enough to bear your hand in and be very careful to keep it the same temperature. A carefully selected place on the back of the range may be best. When this rises pour it into a batter made of 2 quarts of fresh morning's milk, scalded, then cooled to lukewarm, and mixed with flour enough to make a batter. Beat this well, using a long spoon, then set the whole to rise again in a warm place. This will be about twenty-five or thirty minutes

Everyone enjoys **Cowan's Perfection Cocoa**

if it has been well managed. Be careful that the place is not too hot; now stir in enough flour to make a batter so stiff it cannot be stirred with a spoon; then turn it out on a moulding board well dredged with flour, and before kneading it add a piece of lard the size of a large apple; mix this well into the dough. After a thorough kneading and working, keeping the dough just so, it will not stick to the hands, make it into small loaves, put them in well-greased pans, and set them in a warm place to rise again. When risen to nearly double their bulk, put into oven in a good even heat and bake as quickly as possible. The bread will be whiter and nicer for a steady, even heat. The time will vary according to the size of loaves. When done, brush each loaf over with a little melted butter, as this makes the crust rich and delicious, and prevents it from hardening. This makes about 6 good-sized loaves.—MRS. ERNEST E. BANISTER, Vanessa, Ont.

BREAD FROM MANITOBA FLOUR.—In the morning sift flour into your bread pan, then take 3 quarts of warm water to 1 quart of yeast, 2 tablespoons sugar, 3 tablespoons salt. Mix to consistency of a nice soft dough, then punch for half an hour, gradually sifting flour till you have a nice, smooth, spongy dough, then let rise and mix down twice, then put in the pans and let rise for an hour, then it will be ready for oven. — Mrs. W. H. ENGLISH, Harding, Man.

DAY YEAST.—Take 1 dozen large potatoes and boil till well done, then drain water and mash fine. Drain the potatoes on the following ingredients: 2 cups flour, 1 teaspoon ginger, ½ cup salt, ½ cup sugar. Drain the water on while hot and if too thick put a couple of quarts of cold water on to thin it down to the consistency of cream, then when lukewarm, add 4 yeast cakes. Let rise for 24 hours, then set away in a cool cellar. This will last a month.—MRS. W. H. ENGLISH, Harding, Man.

BROWN BREAD.—2 cups white flour, 3 cups Graham flour, almost 3 cups milk, ½ cup brown sugar, ¼

cup molasses, 1 teaspoon soda, 2 teaspoons cream of tartar, 1½ teaspoons salt. Mix all together and bake in a moderate oven.—HILDA SMITH, Rockland, Ont.

2.—4 cups warm water, 1 cup molasses, 1 White Swan Yeast Cake, a little salt; enough coarse Graham flour to make a thick batter, then set to rise. When light, stir in enough of bread flour to knead on board, shape in loaves, put in pans. When light bake about one hour in a medium hot oven.—ISABELLA GRICE, Stouffville, Ont.

3.—½ cup oatmeal, ½ cup molasses, 1 teaspoon butter, 1 teaspoon salt. Put 1 pint of boiling water over the oatmeal, let stand till warm, then mix all together with ½ White Swan Yeast Cake, and flour enough to make a stiff batter with a spoon. Let rise over night, in the morning stir down and put in bake pan, and when light bake.—MRS. C. H. BRIDGES, Maugerville, N.B.

STEAMED BROWN BREAD.—2 cups Graham flour, 1 cup milk, ¾ cup molasses, 1 cup raisins, little salt, good teaspoon soda. Steam 3 hours, then put in the oven half an hour. (Lovely with beans). MRS. F. M. PARKER, Parkersville, Ont.

2.—1½ cups Indian meal, 1½ cups rye meal, ½ cup molasses, 2 cups sour milk, 1 teaspoon soda, mix all together, pour in a dish and steam 3 hours; when taken off put in the oven for 15 minutes.—MRS. H. S. MORTON, New Germany, N.S.

3.—2 cups cornmeal, 1½ cups sweet milk, 1 teaspoon salt, ½ cup molasses, 1½ cups flour, 1 cup sour milk, 1 teaspoon soda; steam 3½ hours.—MRS. GEO. S. SHARPE, Lower Millstream, King's Co., N.B.

COFFEE BREAD.—2 cups bread sponge, ½ cup butter, ½ cup sugar, ½ cup sweet milk, 1 beaten egg, ½ teaspoon cinnamon. Use flour enough to mix stiff, let rise a second time, then roll out over 1 inch thick. Cream butter size of walnut, ½ cup sugar, ½ teaspoon cinnamon, 1 tablespoon cream; mix, spread over top, let rise and bake. MRS. R. PETTIGREW, Bright, Ont.

WHITE SWAN YEAST CAKES give sure results

COFFEE CAKE (Kaffee Kuchen).—Spread bread dough ¾ inches thick upon buttered pans, let rise, brush with melted butter, sprinkle with sugar and cinnamon and bake.—Mrs. Milton Savage, Elgin Mills, Ont.

CORN CAKE.—1 cup yellow cornmeal, 1 egg, butter size of English walnut, 1 cup flour, ¾ cup granulated sugar, 1 full teaspoon baking powder, 1 pinch salt. Sift meal, flour, sugar and baking powder and salt together in a large mixing bowl; add enough milk to make a thick batter, the consistency between pancake and cake batter, next add 1 egg well beaten; lastly add the butter melted hot. Bake in a hot oven.—Mrs. John A. Riggs, Merton, Ont.

2.—1 tablespoon sour cream or butter, 1 tablespoon sugar, 1 cup meal, 1 cup flour, 1 cup milk, 1 teaspoon soda.—Mrs. H. S. Morton, New Germany, N.S.

GOOD CORN CAKE.—1 large cup cornmeal, 1 small cup flour, ½ cup sugar, 2 eggs well beaten, 2 teaspoons heaped baking powder, 3 tablespoons heaped of butter, a pinch of salt; sweet milk to make a thin batter. Bake in biscuit tin in moderate oven.—Miss Rosa Coleman, Mountain, Ont.

JOHNNIE CAKE.—2 eggs, 1 cup sugar, ½ cup butter, or dripping, ⅔ cup sour milk, 1 teaspoon soda, 1½ cups flour, 1½ cups cornmeal, a pinch of salt.—Miss Flo. McCallum, Box 95, King, Ont.

2.—1 cup cornmeal, 2 cups flour, 1 cup sugar (brown), 2 eggs, 1 cup sweet milk, 1 tablespoon butter, 2 teaspoons baking powder.—Mrs. Edwin B. Kerns, Zimmerman, Ont.

CURRANT BREAD.—Scald 1 cup new milk, let it cool and add 2 White Swan Yeast Cakes and flour enough to make soft batter, set in a warm place to rise until light, then add 1 cup brown sugar, half a cup butter, 1 cup currants, 2 well-beaten eggs, a little nutmeg, flour enough to knead soft; let rise again. When light tuck into tins, set in a warm place, and let rise about 2

hours. Bake in a moderate oven.—Mrs. D. D. Kinnear, Lemesurier, Que.

CURRANT LOAF.—4 cups flour sifted with 5 teaspoons baking powder or 1 of soda and 2 of cream of tartar, 1 cup brown sugar, 1 teaspoon salt, butter or shortening size of ½ egg, a little nutmeg or spice to taste, 1 cup currants or raisins, ½ teaspoon ratafia. Wet with cold water to make like a loaf of bread. Put in a greased pan and let stand an hour to raise in a warm place. Bake an hour.—Mrs. Enos L. Metherell, Little Britain, Ont.

2.—3 cups flour, ⅔ cup butter, ½ cup sugar, ½ teaspoon salt, 1 cup cleaned currants, grated rind of 1 lemon, 2 teaspoons baking powder; mix dry ingredients, rub in butter, add currants and lemon rind, mix to a thick batter with cold milk; turn into a well-greased pan. Bake 1 hour in moderate oven.—Mrs. Donald Bell, Pleasant Valley Farm, Hobart, Ont.

GRAHAM BREAD.—At noon scald 2 cups white flour and let it stand until lukewarm. To this add 1 soaked White Swan Yeast Cake, then set in a warm place to rise. At night put 2½ quarts warm water, 1 cup sugar, 4 breadspoons baking syrup and about 1½ sifters white flour, with the sponge. Finish setting with Graham flour. In the morning put in 2 handfuls salt, and stiffen with white flour and set to rise. It rises faster than white bread. Put in pan and let rise again. This will make 5 or 6 loaves.—Mrs. James McKenzie, Verschoyle, Ont.

2.—1 cup Graham flour, 1 cup white flour, 1 cup cornmeal, 1 cup molasses, 1 cup sour milk, ½ teaspoon salt, 1 teaspoon soda; steam three hours.—Mrs. A. Fraser, Spencerville, Ont.

ENGLISH WALNUT BREAD.—Make sponge same as for white bread; to each loaf add 1 cup walnut meats, breaking each one in four or five pieces, 2 tablespoons sugar, 2 tablespoons melted butter, 1 tablespoon caraway seed; mix in flour same as for white bread, turn

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out on board and knead until the dough does not stick to hands, let rise, and bake in a moderate oven.—Mrs. L. J. Craig, Hamtown, York Co., N.B.

NUT BREAD.—½ pound walnuts, ½ pound dates, ¾ cup brown sugar, 2 cups sweet milk, 4 cups flour, 4 teaspoons cream tartar, 2 teaspoons soda, salt; let rise ½ hour and then cook ¾ hour in oven hot enough to brown.—Mrs. B. W. Kay, River Glade, N.B.

2.—2 cups white flour, 2 cups Graham flour, 1 egg, 1 cup brown sugar, buttermilk to make a stiff batter, or about 1¾ cups, 1 teaspoon soda, 1 cup chopped walnuts, a pinch salt. When well mixed, set on the back of the stove for twenty minutes, then bake for about half an hour.—Mrs. Joseph Woodrow, Richmond Hill, Ont.

3.—1 egg, 1 cup sugar, 1½ cups sweet milk, a large pinch salt, 4 cups flour, 4 teaspoons baking powder, 10 cents' worth chopped nuts. Let rise 20 minutes, and bake in a moderate oven ¾ hour.—Mrs. Eva Hunter, Box 17, Ridgetown, Ont.

4.—4 cups flour, 4 tablespoons sugar, 1½ teaspoons soda, 3 teaspoons cream tartar, 1½ cups milk, 1 egg, a few chopped raisins, 1½ cups chopped walnuts, 1 teaspoon salt; knead with spoon. Let rise ½ hour, bake in moderate oven ¾ hour.—Mrs. Geo. S. Sharpe, Lower Millstream, King's County, N.B.

SCOTCH BREADS.—2 pounds flour, ½ pound brown sugar, ¾ pound butter, ¼ pound lard, roll, sprinkle with sugar, cut in squares.—Mrs. Will McKay, Altona, Ont.

SPICE BREAD.—1 egg, 1 pint sweet milk, ⅔ cup sugar, 1 cup currants, 4 cups flour, 2 teaspoons soda, 4 teaspoons cream of tartar, 1 tablespoon cinnamon, salt. Let rise in baker ½ hour, and bake 1 hour and let rise in warm place. — Estelle M. Record, Apohaqui, N.B.

ROLLS.—1 quart sweet milk, 1 teaspoon sugar, 2 tablespoons butter, salt as for bread. After letting them

come to a boil and allowing the mixture to cool to lukewarm, add 1 White Swan Yeast Cake; stir in flour enough to make a thin batter, then cover warm and let stand over night. In the morning mix the same as bread (not very stiff) and let rise, then roll out like biscuits, spread with melted butter, cut like biscuits and fold one side over on other and press down once. Put in tin, let rise and bake in moderate oven.—Mrs. Ernest Harrison, Salford, Ont.

2.—Take one pint of bread sponge, add beaten whites of 2 eggs, ¼ cup sugar, ½ cup butter, mix well and set in a warm place to rise, then roll out to a thickness of ½ inch, cut out with cake cutter; butter top of one and place another on top, set aside to rise and bake for one-half hour. Currants may be added if desired.—Mrs. Jno. N. Key, Dalston, Ont.

BAKER'S ROLLS.—Scald 1 pint sweet milk, while hot add tablespoon butter; when milk is lukewarm add the well-beaten white of 1 egg, ½ cup granulated sugar, 1 White Swan Yeast Cake; stir in flour and mould into a loaf. Let rise over night and mould three times, then roll out to about an inch in thickness, cut into biscuits, butter on half and fold over, let rise and bake in a quick oven.—Mrs. J. E. McDonald, Bent Path, Ont.

BAKED BERRY ROLLS.—Roll rich biscuit dough thin, cut it into little squares four inches wide and seven inches long, spread over with berries; roll up the crust, and put the rolls in a dipping pan, just a little apart; put a piece of butter on each roll, spices if you like; strew over a large handful of sugar a little hot water, set in the oven and bake like dumplings. Serve with sweet sauce.—Miss Alta Pauley, Box 80, Granum, Alta.

BOSTON ROLLS.—1 pint new milk (warm), ½ cup sugar, butter size of an egg, 1 White Swan Yeast Cake and flour enough to make a thick paste; stir together with ½ teaspoon salt, let rise over night, knead in the morning the same as bread; the more times it rises the

better; keep in a warm place; when ready to rise the last time, roll out lightly on the breadboard quite thick, dip in melted butter and lard, let rise till very light, bake ¾ of an hour.—Mrs. Chas. Gordon, Keswick Ridge, York Co., N.B.

STEAMED BROWN BREAD ROLLS.—¼ cup sugar, 1 egg, beat these together, then add 2½ cups buttermilk, 1 teaspoon salt, 1 teaspoon soda, 3 cups Graham flour and enough white flour to make a stiff batter. Have ready 4 one-pound baking powder cans, well greased, lids and all; fill the cans half-full of Graham batter, put on lids and steam 2½ hours; remove from steamer and set in oven for 15 minutes with lids off; by that time they may be turned upside down, and with a little shaking will turn out on a board.—Mrs. Robt. Lloyd, Atha, Ont.

CHELSEA ROLLS.—Biscuit dough made with 1 quart flour, 2 large teaspoons baking powder, ½ teaspoon salt, 4 tablespoons lard and 1 cup sweet milk; roll out to about ¼ inch thick, spread with 2 tablespoons butter, 1 cup sugar, mixed with 1 large teaspoon cinnamon, 1 cup currants. When all spread, give a light roll with rolling-pin to keep the currants from dropping out. Roll as you would a roll jelly, cut in slices about 1 inch thick, place in pan and bake a light brown; glaze with a spoonful of milk and sugar.—Mrs. Jas. Hart, Shanty Bay, Ont.

FANCY ROLLS.—Set to rise 2 cups sour milk, 4 cups flour, 2 White Swan Yeast Cakes, add 4 tablespoons butter, 4 tablespoons sugar, ¾ teaspoon salt, creamed together; add 2 yolks or 2 whites beaten, let rise, add flour to foam.—Mrs. Milton Savage, Elgin Mills, Ont.

FRENCH ROLLS.—1 pint scalded milk, 1 teaspoon salt, ¼ White Swan Yeast Cake, ½ cup sugar, 1 tablespoon butter; rub in flour to make a sponge, let rise over night. Next morning mix stiff and set to rise again; mix down twice, cut with cake cutter and double over, cook in a moderately hot oven.—Mrs. J. H. Newlove, Macville, Ont., Peel Co.

FRUIT ROLLS.—3 cups flour, 6 very scant teaspoons baking powder, 2 heaping tablespoons sugar, ¼ cup shortening and sufficient sweet milk to make a dough. Mix flour and baking powder thoroughly, add sugar and salt and rub in shortening, then add milk, stirred in gradually. Turn dough on board and knead a little, then roll out and brush with melted butter; cut out with biscuit cutter, and on one half sprinkle some raisins and turn other half over it and bake.—MARGARET E. KELLY, Davidson Cor., P.Q.

HOT-ROLL BISCUITS.—6 cups flour, 3 teaspoons baking powder, 2 tablespoons lard or butter, a pinch of salt; mix well to make a soft dough and roll out thin and spread with this filling: 1 cup of white sugar, 1 egg beaten well; roll like a jelly roll and cut in slices 1 inch thick; flour the pans well and bake in a hot oven.—MISS EDITH STARK, Udora, Ont.

PARKER HOUSE ROLLS.—2 cups scalded milk, 3 tablespoons butter, 2 tablespoons sugar, 1 teaspoon salt, 1 White Swan Yeast Cake dissolved in ¼ cup lukewarm water; add butter, sugar and salt to milk when lukewarm, add dissolved yeast cake and three cups of flour; beat well, cover and let rise until light, cut down and add enough flour to knead (it will take about two and a half cups), let rise again, toss on floured board, knead and roll out to one-third inch thickness, shape with biscuit cutter first dipped in flour; dip the handle of a knife in flour and with it make a crease through the middle of each piece; brush over one half of each piece with melted butter, fold and press edges together, place in a greased pan, let rise and bake in a hot oven fifteen minutes.—MISS LOUISE GARRATT, St. Anne de Bellevue, P.Q.

TEA ROLLS.—2 quarts flour, into which rub 1 large tablespoon lard, 1 pint cold boiled milk, ¼ cup sugar, ½ White Swan Yeast Cake; make a hole in flour, pour in the liquid and let rise over night; knead in morning and let rise until noon, then knead and roll out, cut with round cake cutter, butter one half, turn

Cowan's Perfection Cocoa is a health-giver

other half over on to it and let rise until tea time. Bake 25 minutes in a quick oven.—Mrs. P. D. McArthur, North Georgetown, Que.

YEAST ROLLS.—7 cups flour, 1 pint boiled milk; when cold, add ½ cup butter, ¼ cup sugar, 1 egg and ½ White Swan Yeast Cake; set to rise at 8 a.m., at 3 p.m. roll out about 1 inch in thickness, cut with large cutter, dip in melted butter, fold over and rise till time to bake. Quick oven.—Mrs. Robert Chapman, Chapman Settlement, Cumberland Co., N.S.

BUNS.—Take 1 cup bread dough, ½ cup shortening, ½ cup sugar, 1 cup water, a few raisins and currants if desired; mix into a stiff dough; set into a cool place to rise until bed-time. Make into buns and place in a cool place until morning when they will be ready for oven. The cellar is a good place for them to rise in hot weather.—Mrs. Jos. A. Fletcher, Valetta, Ont.

2.—3 eggs beaten in a quart basin, ½ cup butter, 1 cup sugar, 1 White Swan Yeast Cake; fill basin with warm water or new milk, make into batter, in morning knead stiff, add candied lemon peel, caraway seeds, or raisins; when risen, knead into buns; bake in a quick oven; when nearly done wash with sugar and water.—Mrs. J. Bradish, Glanworth, Ont.

3.—½ cup butter, ½ cup sugar, 1 tablespoon salt; over this pour 1 pint of hot water, and when butter and sugar are melted, cool by adding 1 pint of sweet milk, flour enough to make a rather stiff batter, and lastly stir in well a White Swan Yeast Cake, which has been previously soaked for 10 minutes in warm (not hot) water. Let it stand in warm place over night; in the morning add flour enough to knead into a stiff dough. Again let it rise and when light roll out an inch thick, spread lightly over the top with butter, cut with small cake cutter, and when light, bake in a moderate oven. A cup of currants may be added if desired.—Mrs. Geo. Hayward, Corinth, Ont.

BAKERS' BUNS.—1 cup bread dough, ½ cup sugar, lard the size of an egg, 1 cup lukewarm water, mix all

together and add flour to make a stiff dough, but not as stiff as for bread. Take the cup of dough out when putting bread on the pans, put it on a plate and set it away to rise for about 4 or 5 hours, then add these ingredients and let rise about 3 hours more; make into buns, and let it rise 9 hours more. Bake in a slow oven. The bread is usually moulded in loaves about 10 in the morning. About 4 the cup of dough is light, then at 9 at night make into buns and bake in the morning for breakfast.—Mrs. Alkenbrack, Gretna, Ont.

2.—At noon mix together 3 mashed potatoes, 1 teaspoon coffee sugar, 1 tablespoon flour, scald with 1 cup boiling water; when cool add ⅓ White Swan Yeast Cake, which has been dissolved in ¼ cup warm water. Let stand till night, then take 1 pint sweet milk, 1 cup sugar, butter size of an egg, scald together and let cool. Then stir in yeast and flour enough to make a stiff batter; let rise until morning. In the morning mix down as for bread, let stand until light; mould into buns, let rise. Bake 20 minutes.—Mrs. James Baird, Boston, Ont.

BOSTON BUNS.—4 egg yolks, 1 cup brown sugar, ½ cup butter, 1 cup sour cream, ½ teaspoon soda, 1 teaspoon cinnamon, 1 teaspoon cloves, 1½ cups flour.—Mrs. H. B. Ohrt, 20 Farnham Ave., Toronto, Ont.

CHELSEA BUNS.—1 cup flour, 1 teaspoon baking powder, 2 teaspoons shortening, 2 teaspoons cinnamon, salt, mix with milk, roll out a little over ¼ of an inch thick, and spread over 1 tablespoon of granulated sugar and 1 tablespoon butter beaten to a cream; roll up, cut off in lengths for buns, set on ends and bake in quick oven.—Mrs. Chas. A. Mason, Ellesmere, Ont.

GERMAN BUNS.—Paste: 4 cups sifted flour, 1 teaspoon salt (small), 1 cup granulated sugar, ½ cup butter, ½ cup lard, 1 egg well beaten; mix with ½ milk, ½ water, to a dough, 1 teaspoon soda, 2 teaspoons cream tartar. Filling: 1 egg, 1 cup brown sugar, ½ cup flour, mix. Roll paste out, spread with filling, and roll up like rolly-polly pudding; cut in slices cross-

WHITE SWAN YEAST CAKES make light, white, sweet and health-giving bread

wise; leave softest part up in pan, bake in quick oven.—Mrs. C. J. Brodie, Claremont, Ont.

HOT CROSS BUNS.—Soak ½ White Swan Yeast Cake at noon, stir in a thin batter about 3 o'clock, then in the evening add a quart of water and flour enough to make a thin batter. Set in a warm place to rise over night. At 4 in the morning add 2 eggs, ¾ cup butter and lard mixed, 1 tablespoon salt, ½ cup sugar. Mix in a stiff dough the same as bread. Let rise again, then knead. When it rises make into loaves and put in pans, let rise and bake in hot oven.—Mrs. Cyril Meek, Northfield Station, Ont.

MILK BUNS.—2 cups new milk, let come to a boil, then stir in 1 cup granulated sugar and 1 heaping tablespoon lard; when lukewarm put in ½ White Swan Yeast Cake or ½ cup hop yeast, and enough flour to make a batter as thick as for sponge cake; let rise till morning, and keep very warm, then mix as stiff as soft bread; let rise again till real light (but before mixing in morning put in 1 egg and a little salt); when very light take out on bakeboard and roll out ½ inch thick; cut in round cakes, butter, turn over double, and pinch ends. Let rise 1 hour; bake in quick oven.—Miss E. Asling, Box 223, Uxbridge, Ont.

SCOTCH CURRANT BUN.—¾ pound flour, ½ pound sugar, 3 pounds blue raisins, 2 pounds currants, ¼ pound orange peel, ¼ pound almonds, ½ ounce ground ginger, ½ ounce cinnamon, ½ ounce Jamaica pepper, ½ teaspoon black pepper, 1 small teaspoon soda, 1 teaspoon cream tartar, 1 small cup sweet milk; prepare the fruit carefully, mix fruit and all the dry ingredients together carefully, and moisten with the milk; only sufficient milk should be used to bind ingredients together; then prepare this paste to line the cake tin: 1½ cups flour, ¼ pound butter, ½ teaspoon baking powder, mix butter into flour, add baking powder and enough cold water to make a firm paste; roll out rather thin and cut out a piece for bottom of tin, also one for top; roll out the scraps into a long-shaped

piece, have a cake tin well greased, put the paste in the bottom, then line sides and pack in mixture of fruit tightly as possible; press into corners firmly, turn in an edge of paste, wet it and put on top of paste, put on loosely to avoid cracks; when mixture begins to cook, brush top with white of eggs, prick over with fork, and bake in moderate oven 4 hours. This will keep a year and improves with age.—Mrs. H. A. Moffatt, Box 203, North Sydney, C.B.

SPANISH BUN.—1 egg, 1 cup brown sugar, ¾ cup butter, 2 cups flour, 1 cup sweet milk, 3 teaspoons baking powder, 1 heaping teaspoon cinnamon; mixed with flour and baking powder.—Mrs. Henry Young, Chepstow, Ont.

2.—Yolk three eggs and 1 whole one, 2 cups sugar, 1 cup sweet milk, ½ cup butter, 1 heaping dessertspoon mixed spices, 2 cups flour, 3 teaspoons baking powder, sugar, butter, spices, and eggs beat together, then add milk and flour. Icing: Whites of 3 eggs beaten and ½ cup white sugar; put in oven and let brown a little after putting on cake.—Mrs. T. F. Caldwell, East End, Barrie, Ont.

3.—3 eggs, whites of 2 for icing, 1 cup brown sugar, ½ cup butter, 2½ cups flour, 1 teaspoon soda, ¾ cup sour milk, 1 teaspoon salt, 2 teaspoons mixed spice. Icing for cake: Whites of the 2 eggs, ¾ cup brown sugar, beaten stiff.—Bessie Cole, Keswick, Ont.

4.—2 eggs, 1 cup sugar, ½ cup butter, 1 teaspoon cloves, 1 teaspoon cinnamon, little nutmeg, 1 cup sour milk, 1 teaspoon soda, 2 cups flour.—Mrs. Wm. Walker, Vanessa, Ont.

XMAS BUN.—2 pounds best layer raisins (stoned), 4 pounds best currants, ½ pound best peel (mixed), 1 pound almonds (blanched), ½ teaspoon each ginger, nutmeg, cinnamon, pepper, 1 teaspoon essence lemon. Take 3 pounds bread dough, ready for loaves, divide in 2 parts; take 1 part and mix with all the fruit; take ½ pound butter and mix into other half; line your pan bottom and sides with this, and then pack in the fruit

Give the children Cowan's Maple Buds

mixture; wet the edges and put on top crust, prick all over with a fork and bake in a slow oven. Takes from 1½ to 2 hours to bake.—MRS. C. J. BRODIE, Claremont, Ont.

MACDONALD INSTITUTE RECIPE FOR BAKING POWDER BISCUITS.—4 level cups flour, 1 level teaspoon salt, 2 level tablespoons shortening, 2½ level tablespoons baking powder, about 1½ cups milk. The shortening may be sweet lard, or dripping, or butter, or a mixture. See that the shortening is soft enough to rub easily. Place the board, mixing knife, rolling pin, cutter, and pan ready, and see that the oven is hot. Sift the salt and flour into a bowl; rub the shortening into it with the fingers; sift in the baking powder, and mix well. Mix into a soft dough with the milk, using a broad-bladed, flexible knife, in order to cut and mix it quickly. Flour the board lightly, turn the dough out, and roll it round to coat it with flour. Knead just enough to make the dough smooth, roll out about an inch thick, and cut into small biscuits. Place them in the pan, wet the tops only with milk or water, and bake in a hot oven about 20 minutes. The secret of success is a slack dough, quick mixing, and little handling.

"*Conclusion*—Soft wheat flours yield the tenderest biscuits when conditions are uniform.

"*Remarks*—When strong and weak flours are made slack enough for biscuits, and both are of the same slackness, the difference in 'handling' quality is very noticeable. The strong flour dough has a stickiness like glue, while the soft flour has a silky smoothness, which is much easier to handle.

"*Summary*—1. Other things being equal, soft wheat flours make more tender milk biscuits than strong wheat flour.

"2. Given a strong wheat flour dough and a soft wheat flour dough of equal slackness and suitable for milk biscuits, the soft wheat flour dough is the easier to handle.

"3. At the present prices of the different flours the strong wheat flour biscuits cost more than soft wheat flour biscuits.

"4. It is possible that a larger proportion of fat used with the strong wheat flour would yield biscuits of tenderness equal to those of soft wheat flour, but the cost of fat makes that method of improvement a disadvantage."

BISCUITS.—4 cups flour, 1 teaspoon soda, 2 dessertspoons sugar, 1 small teaspoon salt, 1 cup sweet milk, 1 cup sweet cream, ½ cup currants, or good without, 2 teaspoons cream tartar. Sift flour, cream tartar, soda and salt together, add sugar and currants; mix with a spoon stiff enough to roll out, leave for 5 minutes, cut into cakes, put in the pan, leave 5 minutes more, bake in a hot oven; if the fire is good will cook in 5 or 10 minutes. They can be made with thin cream instead of milk and cream; good without sugar.—Mrs. Thos. Smith, Jamestown, Ont.

2.—Sift together 4 cups flour, 2 teaspoons cream tartar, 1 teaspoon soda and 1 of salt; work into the flour 2 large tablespoons of butter, add about 2 cups of sweet milk (mixing with a knife) until you have a soft dough. Turn out on the mixing board but do not knead, pat into shape, roll out, cut into large biscuits and bake in a very hot oven.—Mrs. T. R. Robinson, Cookshire, Que.

3.—1 quart sifted flour, 2 tablespoons lard, ½ teaspoon salt, 1 teaspoon baking soda and 2 teaspoons baking powder, enough buttermilk to make a stiff dough; bake in a quick oven.—Mrs. James A. Fletcher, Valetta, Kent Co., Ont.

BAKING POWDER BISCUITS.—Sift together 2 cups flour, 2 teaspoons baking powder, 2 dessertspoons butter, 1 tablespoon sugar; mix with cold water or milk to a stiff dough with a spoon. Do not work much with the hands, just enough to roll out; roll quickly and bake in a hot oven.—Miss Edleen Henderson, Foxboro, Ont.

WHITE SWAN YEAST CAKES the best on the market

2.—5 cups flour, 4 teaspoons baking powder, 2 tablespoons butter, ½ cup white sugar, a little salt, enough sweet milk to make a soft dough, roll out till about half an inch thick, spread with butter and sprinkle rather thick with white sugar, roll up, cut in slices and lay them flat on butter tins; bake in a moderate oven. These must be made as quickly as possible after wetting the dough.—Mrs. Wm. J. McAteer, Kolapore, Ont.

BROWN BISCUITS.—Sift 2 cups flour, 3 tablespoons baking powder and 1 teaspoon salt into a mixing bowl, rub in thoroughly 2 generous tablespoons butter or lard, then add 1 cup of fine bran; wet with sweet milk, roll to ½ inch in thickness, cut as tea biscuits, and bake in a quick oven.—Mrs. D. MacHardy, Fergus, Ont.

BUTTERMILK BISCUITS OR CAKE.—4 cups of flour, 1 teaspoon of soda, sift three times, 1 tablespoon of butter or lard, 1 teaspoon salt, mixed well with flour; add enough buttermilk to make a soft dough; roll and bake in one large cake, or cut like biscuits. Bake in very quick oven.—Mrs. Rousseau, Nipissing Jct., Ont.

CREAM BISCUITS.—3 cups flour, 2 cups sour cream, 1 teaspoon soda (large), 1 teaspoon cream tartar, ¾ cup sugar.—Mrs. R. Ferguson, Islaiegh Grange, Danville, Que.

2.—1 quart flour, 3 teaspoons baking powder, little salt, moisten with good rich milk or cream, do not mix stiff.—Mrs. J. E. Wilson, Delhi, Ont.

HOT BISCUITS.—1 cup flour, 3 teaspoons baking powder, 1 tablespoon lard, pinch of salt; mix well and add sweet milk enough to make a soft dough. This will make ten biscuits.—Mrs. Wilbur C. Prouse, Ostrander, Ont.

LEMON BISCUIT.—Take 2½ cups sugar, 1½ cups lard, 1 pint sweet milk, 2 eggs, five cents' worth of baker's ammonia in sweet milk, and five cents' worth of lemon oil; beat sugar, lard, and eggs together, pul-

verize and dissolve ammonia in sweet milk, put lemon oil in last; mix in flour till stiff, then roll about as thick as pasteboard, cut in squares or round shapes, and bake in a quick oven; add a little salt.—Mrs. C. W. Macklin, Grafton, Ont.

Also sent by Miss Emma Reid, Reid's Corner, Ont.; Mrs. Jas. Symons, Box 26, Craik, Sask.; Mrs. R. Roe, Hawkstone, Ont.; Mrs. John Ferguson, Camlachie, Ont.; Mildred Gearns, Dalston, Simcoe Co., Ont.

LIGHT BISCUITS.—4 cups of flour, 2 teaspoons cream tartar, 2 teaspoons soda, 1 tablespoon sugar, 1 tablespoon butter, a handful currants, a pinch salt; mix with sour milk. This will make about 2 dozen.—Mrs. John Key, Dalston, Ont.

2.—3½ cups of flour, 1 tablespoon butter, 1½ cups of milk, 2 heaping teaspoons cream tartar, 1 teaspoon soda.—Mrs. C. J. Spears, Medford, N.S.

POTATO BISCUITS.—6 tumblers flour, 3¼ teaspoons baking powder, 2 tumblers mashed potatoes, little salt, butter or lard same as for biscuits, mix with milk, bake in hot oven; eat warm.—Mrs. Frank Wilson Watt, Danforth, Ont.

SWEET BISCUITS.—4 cups sweet cream, 1 cup milk, a little salt, 1 cup sugar, 1 cup currants, 2 teaspoons baking powder, ½ teaspoon soda, flour enough to make a stiff dough; stir with a spoon and roll out on board; bake in a quick oven.—Mrs. L. B. Myers, Lynn Valley, Ont.

TEA BISCUITS.—Sift 1 teaspoon soda, 2 teaspoons cream tartar, with 4 cups flour; rub in 1 tablespoon shortening; add 2 cups sweet milk, knead as little as possible; bake in a hot oven. The addition of a little sugar, currants or raisins makes a nice change.—Mrs. Hiram Switzer, Ashton, Ont.

2.—To 5 cups flour add 1 teaspoon soda, 2 teaspoons cream tartar, 1 teaspoon salt; mix together well, then add 1 cup cream and enough sour milk to

Cowan's Maple Buds—the most delicious of chocolate confections

make a nice soft dough; bake in a good hot oven. Where cream is not to be had, 2 tablespoons lard can be substituted, mixing it thoroughly through the flour, soda, cream tartar, and salt before adding sour milk.—Miss Leola P. M. Pearce, Critchley Place Farm, Chatsworth, Ont.

3.—3 cups sifted flour, sifted with 1½ teaspoons baking powder, melt a piece of butter the size of an egg, 1½ cups brown sugar, 1 egg (not beaten), 1 cup sweet milk, a handful currants, a little grated nutmeg; mix all together and stir into flour.—Mary A. Smoke, Mt. Nemo, Ont.

WARM BISCUITS.—1 quart flour, 1 tablespoon butter, 2 teaspoons baking powder, ½ teaspoon soda, buttermilk enough to make a soft dough; sift baking powder and soda into flour, mix butter into flour, then the buttermilk. Bake in a quick oven.—Mrs. Cora C. Boyd, Mt. Salem, Ont.

MUFFINS.—2 cups flour, 3¾ teaspoons baking powder, 6 teaspoons salt, 2 tablespoons sugar, ¾ cup milk, 2 tablespoons melted butter, 1 egg. Mix and sift dry ingredients, add the milk gradually and the egg well beaten and the melted butter. Bake in buttered gem pans 25 minutes.—Mrs. Milton Savage, Elgin Mills, Ont.

2.—3 cups flour, 2 teaspoons cream of tartar, 1 teaspoon soda; mix this with 1 egg, 3 teaspoons of melted butter, a little salt and 2 cups sweet milk. Bake in gem pans.—Mrs. Alfred E. McGinley, 382 Watson St., St. John, N.B.

3.—1 cup sweet milk, 2 cups flour, 1 egg, 1 tablespoon sugar, 1 teaspoon salt, butter size of an egg, 1 teaspoon cream tartar, ½ teaspoon soda. Mix well and add flour enough to drop from spoon.—Mrs. Geo. S. Sharpe, Lower Millstream, King's Co., N.B.

4.—¾ cup sugar, 1 egg, butter size of an egg, 1 cup milk, 2 teaspoons cream tartar, 1 teaspoon soda, salt flour to make quite a stiff batter, a little nutmeg.—Mrs. J. A. Black, Villagedale, Shelburne Co., N.S.

BERKSHIRE MUFFINS.—½ cup cornmeal, ½ cup flour, ½ cup cooked rice, 2 tablespoons sugar, ½ teaspoon salt, ⅔ cup scalded milk, 1 egg, 1 tablespoon melted butter, 3 tablespoons baking powder. Turn milk on meal, let it stand 5 minutes, add rice and dry material. Add beaten yolk, butter and white of egg, beaten stiff. —Mrs. Milton Savage, Elgin Mills, Ont.

BRAN MUFFINS.—1 egg, ¼ cup brown sugar, ½ cup of butter and lard mixed, 1 cup buttermilk, 2 cups bran, 1½ cups flour, 1 teaspoon soda, ½ cup chopped raisins (1 cup of sour cream may be used instead of butter and lard). Bake in muffin tins.—Mrs. F. E. Ray, Lambeth, Ont.

2.—1 egg, ½ cup sugar, 1½ cups sour cream, 1 teaspoon soda dissolved in a little hot water, 2 cups bran flour to make thick batter, bake in hot oven.—Mrs. William Shields, Shelburne, Ont.

3.—1 egg beaten to stiff froth, ⅔ cup bran, 1⅓ cups flour, 4 tablespoons sweet cream, the remainder of the cup filled with buttermilk, 4 tablespoons sugar, 1 even teaspoon of soda. Method: Add last of all the beaten whites and soda.—Miss Ena Tylor, Shelburne, Ont.

BREAKFAST MUFFINS.—1 egg well beaten, 3 tablespoons sugar, 1½ cups flour, 1 cup sweet milk, 1 tablespoon melted butter, 2 teaspoons baking powder in the flour, a little salt; bake in muffin tins. Nice for supper, too.—Mrs. A. Loucks, Foxboro, Ont.

CORNMEAL MUFFINS.—2 eggs, 2 cups meal, 2 cups buttermilk, 1 cup white flour, ⅔ cup butter, ⅔ cup sugar, 1 teaspoon soda.—Mrs. T. B. Ford, Logierait, Ont.

DROP MUFFINS.—2 cups flour, 2 cups milk, 1 tablespoon baking powder, ½ teaspoon salt; mix together till quite stiff and foamy, drop in hot greased muffin rings and cook quickly. Easily made, takes no eggs, and are light and delicious and a boon to a busy housewife. Can be stirred up at the last minute.—Mrs. John Fisher Monroe, Box 276, Macdonald College, P.Q.

WHITE SWAN YEAST CAKES — ALWAYS KNEADED

GRAHAM MUFFINS.—2 eggs, ¾ cup sour cream, ½ cup sugar, 2 teaspoons baking powder, 1 cup white flour, ¼ teaspoon salt, enough Graham flour to make stiff batter. Beat the sugar with the eggs, add the sour cream and salt; sift in the white flour with baking powder in; mix thoroughly and then add enough Graham flour to make a stiff batter.—Mrs. J. C. White, Don Post Office, Ont.

2.—½ cup butter, 1 cup white sugar, 1 cup raisins, 1 cup sour milk, 2½ cups Graham flour, 1 egg, 1 teaspoon soda, a little nutmeg and a pinch of salt.—Mrs. L. E. Blueman, Edgar, Ont.

QUAKER MUFFINS.—½ cup oats (Quaker), 1¼ cups flour, 3¾ teaspoons baking powder, ¾ cup milk, 1 egg, 2 tablespoons sugar, ½ teaspoon salt, 2 tablespoons butter. Mix and bake as muffins.—Mrs. H. B. Ohrt, 20 Farnham Ave., Toronto, Ont.

QUEEN OF MUFFINS.—¼ cup butter, ½ cup sugar, 1 egg, 2 cups flour, ¾ teaspoon baking powder, ¾ cup milk; cream butter and sugar, add beaten egg, add milk and flour and baking powder alternately. Bake in buttered gem pans.—Mrs. Milton Savage, Elgin Mills, Ont.

ROYAL EGG MUFFINS.—1 quart flour, 1 tablespoon sugar, 1 teaspoon salt, 1 large tablespoon butter, 2 teaspoons baking powder, 3 eggs, 1¼ pints milk; sift together flour, sugar, salt and powder, rub in the butter, add beaten eggs and milk, mix into smooth batter, fill greased muffin pans about ⅔, bake in hot oven 15 minutes.—Mrs. E. Stolz, Mannheim, Ont.

TWIN MOUNTAIN MUFFINS.—⅓ cup butter, ¼ cup granulated sugar, ¼ teaspoon salt, 1 egg well beaten, ¾ cup sweet milk, 2 cups flour, 4 level teaspoons baking powder. Bake in buttered tins in quick oven.—Mabel N. Dance, King's Mill, Ont.

GEMS.—2 eggs, yolks and whites, separate beaten, 1½ cups granulated sugar, ¾ cup butter, ½ cup sour cream, 1 teaspoon cream tartar, 1 teaspoon soda, flour

to roll real soft; bake in a quick oven.—Mrs. J. F. Parker, Kerwood, Ont.

2.—1 cup sugar, 1 tablespoon butter, 1 cup cold water, 1 egg, 2 cups Graham flour, 2 teaspoons baking powder, a little salt.—Mrs. W. J. Stevenson, Oshawa, Ont.

BRAN GEMS.—1 cup sour milk, 1 or 2 eggs, 1 cup bran, 1 heaping cup flour, 3 tablespoons white sugar, 1 teaspoon soda, 1 teaspoon baking powder, shortening size of an egg, a little salt.—Miss Mary McKee, Norwich, Ont.

2.—½ cup butter, 1 cup sugar, 1½ cups sour milk, 2 eggs, 2 cups bran, 2 cups flour, 1 teaspoon soda; beat butter, sugar, and eggs together, then add the sour milk and bran, and last the soda sifted in the flour.—Mrs. R. Lotton, Markham, Ont.

CORN GEMS.—1 egg, 1½ cups milk, ¼ cup sugar, ½ cup flour, 1 cup cornmeal, 2 level teaspoons baking powder. Beat first 3 ingredients together, then mix cornmeal and flour; add a little at a time, beating well for at least five minutes. Then add the stiffly beaten white of egg, and bake in gem pans in moderate oven.—Annie Rodd, Charlottetown, P.E.I.

CORNMEAL GEMS.—Scant 1 cup sugar, 2 cups cornmeal, 1 cup flour, 1 tablespoon butter, 1 teaspoon soda, 2 teaspoons cream tartar, 1 egg, sweet milk enough to make batter.—Miss M. Grace McHardy, Powerscourt, Que.

GINGER GEMS.—1 cup molasses, 1 cup sour cream, 1 egg, 1 teaspoon soda, 1 tablespoon ginger, 2½ cups flour, a little salt; bake in patty pan tins.—Mrs. Thos. Smith, Upper Falmouth, Hants Co., N.S.

GRAHAM GEMS.—1 egg, 1½ cups of brown sugar, 1½ cups sour cream, pinch of salt, 1 small teaspoon cinnamon, a good ½ cup of currants, 3 cups Graham flour. Beat eggs and sugar together, add the sour cream, salt, cinnamon and currants; beat well together,

In exquisite flavor **Cowan's Maple Buds** are unique

then add the flour in which the soda has been thoroughly mixed. Bake in well-buttered gem rings.—Eva M. Gregg, Claremont, Ont.

2.—3 cups Graham flour, 2 eggs, 1½ cups sugar, 1½ cups sour cream, 1 teaspoon salt, 1 teaspoon soda, ½ a nutmeg, a handful raisins add lastly.—Mrs. J. Byer, Atha, Ont.

3.—2 eggs, 1 cup brown sugar, 4 tablespoons butter, 2 cups sour milk, 2 cups Graham flour, 1 cup white flour, 2 teaspoons baking soda; moisten with hot water. Bake in gem rings.—Mrs. Alex. P. Leask, Teasdale, Ont.

OATMEAL GEMS.—2½ cups flour, 2½ cups granulated oatmeal, 1 cup sugar, 1 cup butter, 1 teaspoon baking soda in ½ cup boiling water; cut into squares, and when done place 2 together with jelly or other filling between.—Mrs. T. M. Hipwell, Price's Corners.

2.—2 cups rolled oats, 1½ cups sour milk, soak over night, 1 teaspoon soda (even), ¼ cup sugar, 1 cup flour, ½ teaspoon salt and 1 egg.—Mrs. H. S. Morton, New Germany, N.S.

POPOVERS.—2 cups flour, 2 cups milk, 3 eggs, ½ teaspoon salt, eggs beaten separately.—Mrs. H. B. Ohrt, 20 Farnham Ave., Toronto, Ont.

GRAHAM POPOVERS.—⅔ cup Graham flour, ⅓ cup flour, other material same as above.—Mrs. H. B. Ohrt, 20 Farnham Ave., Toronto, Ont.

BREAKFAST PUFFS.—1 cup flour, ½ cup water, ½ cup milk; mix the liquid and add the flour gradually, beat until light, pour into hot buttered gems. Bake 30 to 35 minutes in hot oven.—Mrs. Milton Savage, Elgin Mills, Ont.

GRAHAM PUFFS.—To 1 quart Graham flour add ½ pint fine white flour, and enough milk or water, a little warm, to make a thick batter; no salt or baking powder; have your oven hotter than for biscuit, and your gems pans standing in the oven until you get

ready; beat batter thoroughly, grease your pans, and drop in while the irons are smoking hot. Bake quickly a nice brown.—MAUDE E. FAUCETT, Box 60, Kimberley, Ont.

CRUMPETS.—2 eggs, 1 teaspoon each of salt and sugar, 4 teaspoons baking powder, 1 quart of milk, 3 pints flour.—MAUDE E. FAUCETT, Box 60, Kimberley, Ont.

FADGE.—1 cup wheat flour, 1 cup cold water; mix and beat until light, pour into hot buttered gem pans and bake 30 or 35 minutes.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

OATMEAL JUMBLES.—2 eggs, 2 cups Graham flour, 1 cup white flour, 1 cup oatmeal, 2 teaspoons butter, 1 cup raisins (chopped fine), a pinch salt, 2 teaspoons baking powder; mix as thick as possible and drop in greased tins far apart the size of walnuts.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

OATMEAL BANNOCK.—2 heaping cups oatmeal, 1 cup flour, 1 teaspoon soda, small ½ cup sugar; mix with 1 cup sour cream.—MRS. WM. WESTLAKE, Beeton, Ont.

FRITTERS.—1 cup sour milk, 2 eggs, 1 teaspoon soda, ½ teaspoon salt; flour enough to make stiff batter. Drop by spoonfuls into hot fat and fry. Serve hot with syrup.—MRS. JOHN W. WILSON, Box 17, Ridgetown, Ont.

QUEEN FRITTERS.—¼ cup butter (scant), ½ cup boiling water, ½ cup flour, 2 eggs; mix as cream puffs, drop by spoonfuls and fry in deep fat. Drain, fill with preserves or cream filling, sprinkle with powdered sugar. —MRS. MILTON SAVAGE, Elgin Mills, Ont.

RICE FRITTERS.—With boiled rice mix a little flour and 1 beaten egg; make into thin cakes or drop from a spoon, fry in butter to a golden brown. Lovely with maple syrup.—MRS. J. WRIGHT, Chauvin P.O., Alta.

WHITE SWAN YEAST CAKES make Baking Day a pleasure

PANCAKES.—1 cup flour, ¼ teaspoon salt, 1¾ teaspoons baking powder, 1 egg, ¾ cup milk, ½ teaspoon melted butter; mix dry, add liquid gradually, add butter. Do not beat too much. Have pan hot, rubbed with pork fat, butter burns very easily. Drop by spoonfuls. When puffed and full of bubbles, cooked on edge, turn and cook other side.

SYRUP FOR PANCAKES.—1½ cups sugar, ½ cup water, 2 tablespoons lemon juice. Let water and sugar come to boil and add lemon.—Mrs. Milton Savage, Elgin Mills, Ont.

PANCAKES.—1 quart buttermilk freshly churned, 1 cup sour cream, 1 egg, 1 teaspoon soda, flour to make a good batter.

SYRUP FOR SAME.—2 cups granulated sugar, 1 cup nice yellow sugar, 1½ cups water; boil 5 minutes after dissolved.—Mrs. John Easton, Appley, Ont.

2.—½ teaspoon soda dissolved in 1 cup sour milk or buttermilk; pinch of salt, 2 cups sifted flour, a little brown sugar; add milk or flour to thin or thicken the batter.—Mrs. Jane A. Stacey, Bowmanville, Ont.

BREAD PANCAKES.—Take 2 slices of bread, soak for ½ hour in cold water, pour water off dry and beat up bread fine; add 1 egg, pinch salt, 1 teaspoon brown sugar, 1 cup milk, 2 teaspoons baking powder, flour to make batter, fry in butter and lard mixed.—Mrs. Arthur T. Pannabecker, Hespeler, Ont.

2.—Take pieces of dry bread and cover with good, fresh buttermilk and let stand until soft, then add for 1 quart of mixture—1 beaten egg, ½ teaspoon baking soda, pinch of salt, and flour (wheat) enough to make a batter.—Mrs. W. S. Dies, Shannonville, Ont.

BREAD GRIDDLE CAKES.—1 pint of sweet milk, 1½ pints bread crumbs, 2 eggs, 2 teaspoons baking powder, 1 teaspoon salt, flour to thicken, mix and fry, turning carefully as they are very tender.—Mrs. L. D. Hubbell, Box 242, Thamesville, Ont.

CORNMEAL PANCAKES.—1 cup sour milk, ½ teaspoon soda, 1 egg well beaten, equal parts flour and cornmeal to make a soft batter; fry on a hot buttered pan.—C. MABEL HAMILL, Lot 2, Greenmount, P.E.I.

FRENCH PANCAKES.—Cover several slices of stale bread with thick, sour milk and let stand over night, then stir well; add ½ teaspoon soda scalded, a little flour and, if needed, a little sweet milk, an egg or two well beaten, 1 tablespoon butter; bake on buttered pans. —MRS. F. E. FAY, Lambeth, Ont.

OATMEAL PANCAKES.—2½ cups sweet milk, 2 cups oatmeal, 2 tablespoons melted butter, 2 teaspoons baking powder, small teaspoon salt, 1 egg, 1 cup flour; fry in pork drippings. Soak oatmeal over night in the milk. These are delicious with maple syrup or honey. —MRS. WHITSON C. HOGG, Selton, Ont.

WHEATMEAL PANCAKES.—1 cup sour cream, 1 cup buttermilk, 1 cup sweet cream, 1 tablespoon melted butter, 1 egg, yolk and white beaten separately, 1 cup wheatmeal, 1½ cups flour, 1 teaspoon soda, 1 teaspoon baking powder.—MRS. JOHN T. SMOKE, Mount Nemo, Ont.

WAFFLES.—1 White Swan Yeast Cake, 1 teaspoon lard or butter melted, 2 cups milk scalded and cooled, 2 eggs, 2½ cups sifted flour, 1 teaspoon sugar, 1 teaspoon salt. Dissolve yeast and sugar in lukewarm liquid; add lard or butter, flour, salt and eggs well beaten. Beat thoroughly until batter is smooth. Cover and set aside to rise in a warm place free from draught for about one hour. When light, stir well; have waffle irons hot and well greased; fill the cool side; brown on one side, turn the iron and brown on the other. If batter is too thick the waffles will be tough. If wanted for over night use, ¼ cake of yeast and an extra ½ teaspoon salt. Cover and keep in a cool place.—GLADYS HARRIS, 109 Park Street, Buffalo, N.Y.

NUT WAFFLES.—1 egg, 1 cup sugar, 1 cup flour, ¼ cup butter, 1 cup nuts (walnuts preferred), 1 tea-

An indescribably dainty chocolate confection— **Cowan's Maple Buds**

spoon baking powder; melt the butter and cream the sugar with it, add the beaten egg; mix baking powder and flour and sift. Lastly, mix in chopped nuts. Drop a very small quantity on pan and bake in a moderate oven.—Mrs. Geo. Fitzpatrick, Wexford, Ont.

FRIED TOAST.—1 egg, 1 tablespoon sugar, 1 cup water, salt; dip slice of bread in mixture. Fry in butter.—Mrs. Ernest Douglas, Yarmouth Centre, Ont.

MILK TOAST.—Cut slices of bread thin, toast quickly to a light brown, butter while hot and pile them in a deep dish, then cover them with rich boiling milk; let it stand a few minutes and serve. A little salt may be added if necessary.—Mrs. O. A. Wilson, Myrtle Station, Ont.

PINK TOAST.—3 tablespoons butter, heat and add 3 tablespoons flour and ½ teaspoon salt, 1½ cups stewed tomato strained, ¼ teaspoon soda in tomatoes, 1 cup scalded milk; pour over slices of unbuttered toast. —Mrs. Belfort Savage, Oakville P.O., Ont.

PEANUT SANDWICH.—2 eggs, 8 tablespoons vinegar, 1 tablespoon sugar, 1 tablespoon mustard, 1 teaspoon salt; cook until thick, stir in ½ cup of sweet cream; shell 10 cents of peanuts, put through a meat chopper, stir in dressing, spread on fresh slices of bread. —Mrs. Roy Andrews, St. Williams, Ont.

SOUPS

SOUPS AND SOUP MAKING

Agnes W. McKay

Soup is an article of diet which is not used nearly so much as it should be in the average farm or village home. It is light, healthful and stimulating food, agreeing with everyone. It is more of a stimulant than a nutrient, as is generally supposed, containing a large proportion of water. There is little nourishment in it. Soups may be given to little children as their first food after a milk diet of babyhood, and are equally valuable for the aged, whose digestive functions are weak and need the stimulus supplied by hot soups. In cases of extreme exhaustion nothing is better than a cup of hot soup, which can have no bad after effects. In the cases cited, a clear meat soup is meant. The cream soups and purées are so nutritious that, with bread and butter, they furnish a well-balanced meal.

Soups are of two kinds—clear and thick, or stock and milk. Stock is the broth resulting from long, gentle cooking in water, of meat, poultry or fish. Pieces of meat which are of little use if otherwise prepared—tough muscle and bone, shin, neck, or tails and calves' heads—are used for soups. The flavor, aroma and sapidity of broths is due to osmazome, which exists only in flesh and blood, and is more abundant in the meat from old animals, and in dark meats. The properties of osmazome are more noticeable in roasted or broiled meats; and, as it excites the appetite and stimulates digestion, it is advisable to brown the soup meat before adding the water. The only nourishment in soup is albumen, a substance found in flesh, and in much greater abundance in blood. It is very much like the white of an egg, is soluble in cold or tepid water, but coagulates when heated; the nutri-

WHITE SWAN BAKING POWDER contains no alum

tive properties are largely lost when it coagulates. Hence, soup meat should be put on in cold water—it is better if soaked in the water an hour first—heated gradually and simmered gently until done. In making soup, use about twice as much meat as bone, and from a pint to a quart of water for each pound of meat and bone. Put salt in at first, as it aids in extracting the meat juices. When it has cooked three hours, add seasoning, and mixed vegetables in the proportion of one quarter pound to each pound of bone and meat. Continue cooking until the meat is in fragments, about four or five hours in all. Strain through a sieve and set aside to cool. The fat will form a cake on top, which should not be removed until the stock is to be used. The stock will keep a week in winter, and about three days in summer. In hot weather the vegetables should not be cooked in it, but should be added as it is heated for use. In clearing soups, the scum, which contains the chief nutritives, is removed.

The stocks recognized by authorities are four:

Bouillon—made from lean beef, cleared.

Brown stock—made from two-thirds lean beef, one-third fat and bone, highly seasoned with vegetables, spices and sweet herbs.

White stock—made from chicken or veal.

Consommé—from beef, veal and chicken, highly seasoned with vegetables, spices and sweet herbs; always served clear.

To these is sometimes added *lamb stock.*

A thoroughly reliable recipe for stock is: 2 lbs. raw meat and bone; 1 pound cooked meat, or meat and bone; 3 quarts cold water, fresh or from cooked meat or vegetables. To each pound of meat and bone allow one tablespoon each of carrots, onions and turnips cut in one-half inch cubes, 1 stalk or root of celery, 1 bit of bay leaf, 1 sprig of parsley, 2 pepper corns or a few grains of pepper. Have the bones sawed in 1 inch lengths and split. Cut the meat into 1 inch cubes. If raw meat only is used, brown one-third of it in a little fat in the bottom of the pot. Let meat and bones soak in water 1 hour, then simmer in a cov-

ered kettle 4 or 5 hours. About 1 hour before taking off, add vegetables and seasoning. Strain, and set aside to cool. If desired darker in color, cut an onion in half, bake on a tin plate till very brown, and add to stock with vegetables. From this foundation many soups may be evolved. The addition of sliced vegetables gives a vegetable soup. Macaroni, noodles, and dumplings, make other varieties. Made very thick with vegetables and pearl barley, it is hotch-potch. It may be thickened with rice—in short, the possibilities are endless.

The milk, or thick soups are:

Cream Soups—made of vegetables or fish, and thickened milk.

Purées—very thick cream soups, and perhaps white stock.

Bisquis—generally made from shell fish and milk.

The cream soups are a combination of white sauce and vegetable pulp. They are rather heavy for dinner, with meat, but are suitable for the main dish at luncheon or supper. The vegetables are cooked until soft, rubbed through a sieve and, except potatoes, are used with part or all of the water in which they are cooked. Add a speck of soda to the milk before heating, and it will not curdle. Thicken according to the density of the pulp. All, even potatoes, are better of a little thickening.

The following *Cream of Potato* may be adapted for almost any vegetable:

Mix 1 cup of mashed potatoes with 1 pint of hot milk; add 1 cup white sauce, flavor with salt, pepper, celery salt and onion juice.

Bean Soup.—Soak 1 cup of beans over night, drain and put on to boil in 1 quart of cold water. Fry one slice of onion in 1 tablespoon of butter until slightly brown, and add, with 1 stalk of celery, to the beans. Let simmer till very soft, adding a little cold water occasionally to check the boiling and help soften the beans. Rub through a soup strainer, put over fire and when hot, add 1 cup white sauce (made of 1 tablespoon each of flour and butter, cooked together and

thinned with 1 cup hot milk). Season with salt, pepper and a bit of mustard, and serve with a very thin slice of lemon in each plate.

Potato Purée (a rich soup).—1 pound potatoes, pared and sliced; 1 Bermuda onion, 2 leaves celery, 1½ pints stock, 1 gill single cream, 1 ounce butter, ½ teaspoon each of salt and pepper. Put potato, celery, onion and butter in saucepan over fire, stir for five minutes. Add 1 pint stock and boil until potatoes are done, pass through sieve, adding the ½ pint of stock, hot, to prevent clogging sieve. Return to saucepan, add cream, pepper and salt, and stir until it boils. Serve at once.

Soup is an extremely economical food, if care is exercised in its preparation. In small families it will be necessary to buy meat for it, but in large families, the bones and trimmings of roasts, steaks, etc., will serve. In buying meat for soup-making, the cheaper cuts, neck, cross-rib, plate, flank and skin are best. The skin is the most desirable piece for every-day stock, as it is so gelatinous. Smoked or cooked meats should not be used. When making soup from left-overs, all scraps of cooked or raw meats may be utilized, and also any scraps of cooked vegetables, the water in which fresh meat, poultry or young vegetables have been cooked, or even a spoonful of gravy. There is almost no limit to what may be done with left-overs, if one brings to the task an ingenious and inventive mind.

MILK SOUPS.—1 cup milk, 1 cup vegetable water or other liquid, 2 tablespoons flour, ¼ cup vegetable pulp or chopped fish, 1 tablespoon fat. Put the vegetable water, fat and ¾ of the milk over the fire to heat; mix the flour smoothly with the remaining milk; stir it into the scalding liquid and stir constantly until it thickens; stir in the vegetable pulp, season to taste with salt and pepper and serve hot.

VARIATIONS.—1. The vegetable water may be water in which the vegetable has been cooked, *e.g.*, green peas, asparagus, carrots, onions, turnips, etc., or a combination of two or three. 2. The vegetable pulp is the

cooked vegetable rubbed through a sieve. Usually the pulp is from the same vegetable which supplies the vegetable water, but there is no objection to any palatable combination. 3. The above is simply a mixture of white sauce, vegetable pulp and the water in which the vegetable has been cooked. It will therefore readily be seen how many a dish of hot soup for supper can be made out of left-over dinner vegetables, especially if they have white sauce on them. The sauce and vegetable are pressed through a sieve, thinned down with milk or vegetable water, seasoned to taste and set aside to reheat when wanted. 4. If skim milk is used, a little more fat may be used, but not more than 2 tablespoons. The fat may be good sweet dripping or butter.—MACDONALD INSTITUTE, Guelph, Ont.

MILK SOUP.—4 potatoes, 2 onions, 2 ounces butter, pepper, ¼ ounce salt, 1 pint milk, 3 tablespoons tapioca. Put two quarts of water in a saucepan, then take four potatoes, peel and cut in quarters, take also two onions and cut them up; when the water boils put in potatoes and onions, then add the butter, salt and pepper to taste. Allow it to boil to a mash, then strain through a colander, working the vegetables through also; return the pulp and soup to the stewpan, add one pint of milk to it and boil; when boiling, sprinkle in by degrees three tablespoons of tapioca, stirring all the time, then let boil for fifteen minutes gently.—SARAH DOHERTY, Wexford, Ont.

POSSIBILITIES OF A SOUP BONE.—A shankbone is good, wash, place in the kettle, cover with cold water, and slowly boil until almost tender, then salt to taste.

Dumpling Dinner.—Take out the meat and use the best for dinner. No. 1. Set about half the broth away in a cool place, now pare a dozen or more potatoes, drop in cold water, then in the boiling broth, while it is coming to a boil again. Take one pint of water, or milk is preferable, a pinch of salt, one egg beaten light, one heaping teaspoon baking powder, sift in flour to make a very stiff batter. Drop from the spoon in round lumps

Cowan's Cake Icings will save you time and trouble.

and let boil about fifteen minutes, serve with some of the broth.

Take the meat that is left over, chop fine, put in a dish, pour enough hot broth over to cover, press with a heavy weight; when cold turn out and slice for dinner No. 2.

Noodle Dinner.—Break three eggs, add 3 tablespoons milk, a pinch of salt, mix until light, add flour to make stiff. Roll very thin, flour well and cut in little strips and drop into boiling broth, cook for thirty minutes and serve with broth. If desired, part of the noodles can be kept for a time by wrapping in clean paper sack. If any broth and potatoes are left over they can be used for supper by adding two sliced onions, a little water, salt and pepper; put all in kettle and cook until tender and serve.—Mrs. W. J. Way, Merlin, Ont.

ASPARAGUS SOUP.—3 or 4 pounds of veal cut fine, a little salt pork, 2 or 3 bunches of asparagus and 3 quarts of water. Boil one-half of the asparagus with the meat, leaving the rest in water until about 20 minutes before serving, then add the rest of the asparagus and boil just before serving; add 1 pint of milk, thicken with a little flour and season. The soup should boil about 3 hours before adding the last half of the asparagus.—Mrs. James Woodrow, Richmond Hill, Ont.

BEAN SOUP.—Wash a cup of beans, soak in lukewarm water all night, drain water off in morning, boil until tender; take 2 eggs, beat, add flour to make a thin paste, drop from spoon, let come to a boil, then add salt, milk and biscuits to taste.—Miss Lydia Shantz, Ayr, Ont.

LIMA BEAN SOUP.—Cut up 2 mutton chops, 1 quart Lima beans, 1 onion, 2 potatoes; cut in very small pieces; salt and pepper a sprig of parsley, cook until beans are done.—Miss E. McIlraith, Oxford Mills, Ont.

CABBAGE SOUP.—To a piece of meat, either pork or beef, add enough water to cover and bring to a boil,

skim it; cut cabbage fine, cover with water, bring to a boil, and drain and add it to the boiling meat; season with salt, pepper and onion. When meat and cabbage are done, add a cupful of good sour cream, bring to boiling again, take out the meat and serve the soup. Tomatoes may be added and it will be all the nicer.—Mrs. Jacob Brown, Lowe Farm, Manitoba.

BROWN CELERY SOUP.—1 head celery, 4 potatoes and 1 carrot (all cut in small pieces), 1 Spanish onion and 2 quarts water. Chop the onion small and fry in butter until brown; add to the water and boil for 15 minutes, then strain out the onion; add the vegetables, and boil 1 hour, seasoning with pepper and salt.—Mrs. A. Fleming, Milverton P.O., Ont.

CELERY SOUP.—Cut 2 heads celery into finger lengths, simmer in a quart of milk for ½ an hour. Remove celery; thicken with tablespoon cornstarch blended with milk and cup whipped cream. Season and serve.—Mrs. Mary M. Smoke, Mt. Nemo, Ont.

CEREAL AND VEGETABLE SOUPS.—Heaping tablespoon of barley, rice, wheat, oats, beans, peas, or whatever you desire; potato, carrot, tomato, cabbage, turnip, celery tops, parsley, onion, or whatever desired to suit taste; season with celery salt (table salt may be used). For bouillon, use excess of turnips and cabbage for flavoring and strain. If you desire to make richer by adding milk, omit cabbage and turnip. Select your vegetables as preferred. Any combination is good. Absolutely no stock or butter is required.—E. G. Harris, 109 Park St., Buffalo, N.Y.

CHILDREN'S SOUP.—Pare 6 or more good-size potatoes, slice in thin slices, 2 onions cut fine, water enough to cook; when done add a cup of cream and 2 cups milk; let come to a boil, season with pepper and salt, and butter.—Mrs. R. M. Shaw, Waterville, King's Co., N.S.

CLAM SOUP.—Cut salt pork into very small squares and fry a light brown; add 1 large or 2 small onions

cut very fine, and cook about ten minutes; add 2 quarts water and 1 quart clams; mix 1 tablespoon flour with the water, put it with 1 pint milk and pour into the soup and let it boil about five minutes; butter, pepper and salt, Worcester sauce to taste.—Mrs. Jas. Woodrow, Richmond Hill, Ont.

CREAM OF CARROT SOUP.—Grate 3 carrots, cover with a pint of water and add a slice of onion and a bay leaf. Simmer gently for 30 minutes; remove onion and bay leaf and add 1 quart milk. Moisten 1 tablespoon cornstarch in a little cold water and add it to soup; stir till smooth, add salt and pepper, and just at serving time add 2 tablespoons butter.—Mrs. Jas. MacKenzie, Verschoyle, Ont.

DUCHESS SOUP.—1 quart white stock, 2 slices carrot and onion, 2 blades of mace, ¼ cup grated cheese, 2 cups milk, ¼ cup butter, ¼ cup flour, seasonings, cook some of vegetables in some of butter 3 minutes, add stock and mace; simmer 15 minutes, strain into white sauce made of rest of butter, flour and milk. Season, add cheese.—Mrs. Milton Savage, Elgin Mills, Ont.

GUILEMME.—1 quart stock, ¼ cup each carrot and turnip cut in thin strips 1½ inches long, 2 tablespoons each cooked peas and string beans cut in strips. Cook carrot and turnip until tender, add the stock, add peas and beans.—Mrs. Milton Savage, Elgin Mills, Ont.

MOCK TURTLE SOUP.—1 soup bone, 1 quart turtle beans, 1 large spoonful of powdered cloves, salt and pepper. Soak the beans over night, put them on with a soup bone in nearly 6 quarts of water and cook 5 or 6 hours. When half done, add the cloves, salt and pepper; when done, strain through a colander, pressing the pulp of the beans through to make the soup the desired thickness, and serve with a few slices of hard-boiled eggs and lemon sliced very thin. The turtle beans are black and can only be obtained from large grocers.—Mrs. James Woodrow, Richmond Hill, Ont.

NOODLES.—4 cups flour, 4 eggs, a little salt; mix all together and make very stiff with flour. If 4 eggs

does not wet the flour enough, add a little milk (sweet) or water, so as to mix like pie dough, only very stiff; then roll in a sheet or two, let lay 1 or 2 hours; then cut in long strips 2 inches wide, put 2 or 3 on top of each other and use a very sharp knife to cut in thin strips about ¼ inch or less wide; have chicken broth boiling hot, drop by handsful in kettle and stir with other hand; let it boil ½ hour, add a little pepper and 1 tablespoon butter. If desired, less eggs and more milk or water will do.—Mrs. Alice A. Heise, Headford, Ont.

NOODLE SOUP.—Beat yokes of 2 eggs, add flour and salt, mould stiff, then roll thin and cut in strips; put in boiling water ten minutes, then in cold water for three. Add 3 pints hot stock, very good.—Mrs. Fred. Kells, Winfield, Ont.

MACARONI SOUP WITH STOCK, UNTHICKENED.—1 quart stock, seasonings, ¼ cup macaroni cut in ½ inch pieces. Cook macaroni until tender in boiling salted water, add to seasoned stock.—Mrs. Milton Savage, Elgin Mills, Ont.

MOCK BISQUE SOUP.—½ can tomatoes cooked until soft enough to strain; scald 1 quart milk in double boiler, 1 tablespoon cornstarch, 2 tablespoons butter; boil 5 minutes, add pinch of soda, and when ready to serve, add strained tomatoes with salt and pepper to taste.—Mrs. Chas. A. Mason, Ellesmere, Ont.

OXTAIL SOUP.—1 oxtail, 5 pints of water, 1 onion, 1 ounce of butter, piece of celery or pinch of celery seed, 1 ounce of flour, pinch herbs, 1 carrot, 1 teaspoon peppercorns, piece turnip, 2 cloves, 1 dessertspoon catsup. —Mrs. W. Watters, Deerhurst P.O., Ont.

OYSTER SOUP.—1 quart oysters, 4 cups scalded milk, ¼ cup butter, ½ tablespoon salt, ⅛ teaspoon pepper, clean oysters by placing in colander and pouring over them ¾ cup cold water; carefully pick over oysters, remove liquor, heat it to boiling point, strain through double cheesecloth, add oysters and cook till they are plump and edges begin to curl; remove oysters

WHITE SWAN BAKING POWDER never did contain alum

with skimmer, put in tureen with butter, salt and pepper, and add oyster liquor and milk.—Mrs. Wm. Browning, Richmond Hill, Ont.

POTATO SOUP.—Pare and slice 3 potatoes, boil them until they can be rubbed through a colander, then add 1 cup of cream; rub an egg into a pint of flour and sprinkle it into the boiling soup, flavor with chopped parsley; add butter, salt and pepper to taste.—Leah Spenler, Poole, Ont.

Also sent by Mabel McIntyre, Muir, Ont.

2.—1 carrot, 1 onion, 2 large potatoes chopped fine. Boil and put through a colander, then add pepper and salt to taste, add a good-sized piece of butter and 1 quart of milk; let come to a boil and serve.—Vera McKerr, Appleby P.O., Ont.

3. Peel and slice 4 good-sized potatoes, put on to cook, when done season with pepper, salt and butter. Make a thickening of flour and milk, pour on potatoes and boil for a few minutes. A little onion may be added if desired.—Mrs. C. Hardy, Aylmer, Ont.

4.—3 potatoes, 4 cups milk, 1 onion, 1 teaspoon salt, ½ teaspoon pepper, 2 tablespoons butter, 1 tablespoon flour, 2 stalks celery. Cook potatoes in salted water with the onion; when salt, mash smooth. Scald the milk with the celery, remove the celery, add the butter and flour, creamed together, then add the prepared potatoes to the milk and season with salt and pepper. Let come to a boil and serve at once. I use celery salt instead of the celery stalks and find it all right.—Mrs. Ben Reed, Scotch Settlement, York Co., N.B.

PUMPKIN SOUP.—To 1 cup of cooked pumpkin add 1 quart milk; cut pumpkin in small pieces, sprinkling lightly with salt and cook in boiling water for five minutes; drain off the water, mash thoroughly and stir in a tablespoon hot melted butter; pour boiling milk over croutons arranged in soup dish and lightly sugared; then add the pumpkin, stirring the whole well together and serve.—Mrs. Geo. Geir, Grand Valley, Ont.

SALMON SOUP.—Put 1 quart sweet milk in a granite kettle and set it on the stove until the milk comes to a boil, then add ½ a can of salmon and three or four rolled soda biscuits; let it all boil for three minutes, then add pepper and salt, and then serve.—MRS. W. J. BUNTON, Appleby, Ont.

SCOTCH BROTH.—Take ½ cup barley, 4 quarts cold water, bring this to the boil and skim, then put in a neck of mutton and boil ½ hour; skim well the sides of the pot also; have ready 2 carrots, 1 large onion, a small head cabbage, 1 bunch parsley, 1 sprig celery top; chop all these fine, add your chopped vegetables, pepper and salt to taste. This soup takes two hours to cook.—MRS. JAS. WOODROW, Richmond Hill, Ont.

SPLIT PEA SOUP.—1 cup split peas, 2½ quarts water, 2 teaspoons chopped onion, 3 teaspoons butter, 3 teaspoons flour, 1½ teaspoons salt, ⅛ teaspoon pepper, 1 pint milk. Wash the peas and soak them over night in cold water, drain and rinse thoroughly; add 2½ quarts cold water and the onion. Cook slowly until soft, rub through a strainer and add the remainder of the liquid; make a white sauce, and cook until it is thick like thick cream. Cooking a ham bone with the soup improves the flavor.—GLADYS HARRIS, 109 Park Street, Buffalo, N.Y.

TOMATO SOUP.—Turn 1 can of tomatoes into a saucepan, add 1 tablespoon of butter and a small onion chopped very fine; let boil ½ hour, then strain through a coarse sieve; return to the saucepan, season with pepper and salt and a teaspoonful of sugar, rub 3 teaspoons soft butter with 3 teaspoons flour and add to the purée and let cook about 3 minutes; pour into the soup tureen, add a pint and a half of boiling milk, stir well, and serve hot.—MRS. C. W. Wilson, Wilson Mills, P.Q.

2.—Take 4 or 5 medium-sized ripe tomatoes, peel and quarter them; put butter the size of an egg in a soup kettle; let it get hot, then add tomatoes and let boil till tender. When tender add a pinch of soda to prevent curdling, then add 1 quart sweet milk, ½ cup

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sweet cream, pepper and salt to taste and enough broken biscuits to thicken nicely; let boil 3 minutes and serve hot.—Mrs. Louama S. Hoelscehr, Berlin, Ont.

3.—1 quart of tomatoes, 1 quart water, bring to a boil, add 1 teaspoon soda, 1 quart milk, a small piece of butter, a few rolled biscuits, pepper and salt to taste. —Katie A. Ray, Lindsay, Ont.

CREAM OF TOMATO SOUP.—1 can of tomatoes (1 quart), ¼ teaspoon soda, ⅓ cup butter, ⅓ cup flour, 1 teaspoon salt, ¼ teaspoon pepper, 1 quart milk; stew the tomatoes slowly ½ hour, strain, and add soda while hot; melt butter, add flour, mix fine, then add milk gradually, then the seasoning, etc. Add the tomatoes to this mixture and serve at once.—Mrs. G. Wallace, Saintfield, Ont.

TURKEY SOUP.—Take the turkey bones and cook for 1 hour in water enough to cover them, then stir in a little dressing and a beaten egg. Take from the fire, and when the water has ceased boiling add a little butter with pepper and salt.—Mrs. James Woodrow, Richmond Hill, Ont.

TURKISH SOUP.—5 cups stock, ¼ cup rice, 1½ cups strained tomatoes, 1 bay leaf, 2 slices onion, 1 ounce peppercorns, ¼ teaspoon celery salt, 2 tablespoons butter, 2 tablespoons flour; add seasonings to tomatoes, cover, simmer 30 minutes, rub through sieve into hot stock, brush with butter and flour; add cooked rice.—Mrs. Milton Savage, Elgin Mills, Ont.

TOMATO SOUP.—1 quart stock, 1 can tomatoes, ½ teaspoon peppercorns, 1 small bay leaf, 3 cloves, ½ each cut in dice, onion, celery, carrot and raw ham, salt, pepper and 4 tablespoons flour, 4 tablespoons butter. Cook vegetables and ham in butter 5 minutes; add flour and seasonings, cook 3 minutes; add tomatoes, cover and simmer ½ hour; rub through strainer, add hot stock.—Mrs. Milton Savage, Elgin Mills, Ont.

VEGETABLE SOUP.—2 pounds soup meat, 1 cup barley, salt and pepper, 1 onion, 2 carrots, 2 turnips,

3 potatoes, ¼ cabbage cut up fine, 2 cups lima beans, same of corn, 3 or 4 tomatoes; cut up a little parsley, chop vegetables up fine, all but potatoes and tomatoes; cut them up and add when near done; this will make a good kettleful. Good the second day to warm over.—Miss E. McIlraith, Oxford Mills, Ont.

2.—Take 4 large potatoes, 3 carrots, 1 good-sized turnip or swede, 6 onions; slice them all, cover with water, with pepper and salt, put on to boil; when nearly cooked add a cup of rolled oats, with a lump of butter; a cup of cream improves it. Thicken with a little flour. —Mrs. G. Harris, Paynton, Sask.

VEGETABLE SOUP WITHOUT MEAT.—1½ cups each turnips and carrots, 1½ quarts water, 1 tablespoon salt; boil 1½ hours; add 4 nice-sized parsnips, 3 large onions, 1 teaspoon summer savory, a little pepper, butter and boil ½ hour longer. Add 1 heaping tablespoon sifted flour to thicken.—Mrs. Isaiah Duffy, Shenston, N.B.

VERMICELLI SOUP.—A knuckle of lamb, a small piece of veal, and water to cover well; when well cooked, season with salt and pepper, herbs to taste, and a small onion, to which may be added Halford or Worcestershire sauce, about a tablespoon. Have ready ¼ pound vermicelli, which has been boiled tender; strain soup from the meat, add the vermicelli, let it boil well and serve.—Mrs. James Woodrow, Richmond Hill, Ont.

FISH

TESTS FOR FRESH FISH.—1. By the eyes: should be bright and full. 2. Gills should be a bright red color. 3. Flesh should be firm and elastic to the touch. 4. Tail should be stiff.—MACDONALD INSTITUTE.

BOILING FISH.—Never put fish directly in the bottom of the kettle, but tie in a cloth on a plate or on a fish rack. Plunge the prepared fish into boiling water and simmer until tender. Spices and other flavorings may be added to the water if desired. If the water has a little lemon juice or vinegar in the proportion of 1 teaspoon to 2 quarts, it will keep the fish whiter. Cook about 10 minutes to the pound.—MACDONALD INSTITUTE.

FISH SAUCE.—Stir ½ cup butter to a cream, yolks of 2 eggs, 1 at a time; beat well, stir in the juice of half lemon, 1 saltspoon salt and a pinch cayenne pepper. When ready to serve, add ½ cup boiling water, place the bowl in a pan of boiling water and cook until thick, stirring all the while.—MRS. FRED. N. MADILL, Brougham, Ont.

STANDARD WHITE SAUCE FOR FISH OR MEATS.—1 tablespoon butter (melted), add 1 tablespoon flour, 1 cup liquid.—MRS. D. MCCLEMAN, Aylmer, Ont.

TO BOIL FISH.—Sew in a cloth and put in cold water with plenty of salt. Most fish will boil in thirty minutes.—MRS. THOS. SMITH, Jamestown, Ont.

BAKED FISH.—Take a fresh fish of any kind and cut in pieces about 2 inches square; place these in a bean crock with a piece of butter the size of an egg, cover and place in the oven. The fish will cook in its own liquor and retain a delicious flavor.—MRS. ERNST TURNBULL, Box 423, Digby, N.S.

FISH CAKES.—Take the fish left from dinner, mince fine, add a few more mashed potatoes than you have fish, mix thoroughly, add a lump of butter, 2 beaten eggs, 1 tablespoon cream, pepper and salt; fry in lard. —Mrs. W. O'Blois, Glace Bay, C.B.

FISH ON TOAST.—2 cups codfish (or any cold left-over fish), 1 pint milk, 2 tablespoons cornstarch, 2 tablespoons butter, pepper, 2 hard-boiled eggs. Heat milk to boiling point, add cornstarch, butter and pepper, cook for 5 minutes. Prepare buttered toast, place fish on it, cover with the milk, etc., and garnish with sliced egg.—Mrs. O. S. Bowlby, Auburn Sta., King's Co., N.S.

FRIED WHITEFISH.—Scale and draw the fish, wash in cold water, cut off the head and fins, split down both sides of the back, cut the lengths into sections of the desired size, roll in flour, and cook in plenty of very hot dripping. Do not let burn. It is done when well browned on both sides.—M. G. Laidman, Penticton, B.C.

KEDGEREL—EAST INDIAN DISH.—1 cup cooked and flaked fish, 1 cup cooked rice, 1 teaspoon salt, 1-16 teaspoon pepper, 2 teaspoons lemon juice, 1 egg, 1 tablespoon melted butter, 1 tablespoon mixed parsley; mix ingredients, pack into buttered bowl, surround with hot water, cover, poach, unmould, garnish with parsley. —Mrs. Milton Savage, Elgin Mills, Ont.

SCALLOPED FISH.—1 cup flaked fish, 1 cup stale crumbs, 1 cup milk, ¼ teaspoon salt, 1-16 teaspoon pepper, ½ tablespoon butter; mix, put in buttered dish, cover with buttered crumbs and bake in a moderate oven 30 to 40 minutes.—Mrs. Milton Savage, Elgin Mills, Ont.

STEWED FISH.—An excellent way to cook fish, especially pike: Put 2 tablespoons butter in the frying pan; when hot lay the fish in with the outside down; take 6 onions, slice and put on top of fish, sprinkle well with salt and pepper, cover tight and allow to cook 20 minutes or ½ hour. If it should cook dry, add a very little water. Serve hot.—Mrs. R. E. Hamilton, Riverview Farm, Box 367, Dunnville, Ont.

White Swan 100% Perfumed Powdered Lye is best value.

FISH SURBOT.—1 whitefish (medium size), steam 20 minutes, pick fine; 1 pint milk with ½ onion boiled in it, then thicken with flour. When cold, add 2 eggs, ¼ pound butter. Put in a dish a layer of fish and then a layer of dressing, till all is used, then cover with cracker crumbs, bits of butter, juice of a lemon.—Miss Maggie Kidd, Connor P.O., Ont.

CLAM FRITTERS.—12 clams, either chopped or whole, 1 pint milk, 3 eggs; add liquor from clams, salt and pepper, flour enough for a thin batter. Fry in hot lard.—Mrs. Jas. Woodrow, Richmond Hill, Ont.

CLAM STEW.—Lay clams on a gridiron over hot coals, taking out of shells as soon as open, saving the juice; add a little hot water, pepper, a very little salt and butter rolled in flour sufficient for seasoning. Cook for 5 minutes and pour over toast.—Mrs. Joseph Woodrow, Richmond Hill, Ont.

CODFISH AND EGGS.—Properly soak and pick the codfish in bits and to each cup add 2 eggs beaten well together; drop from a spoon in hot butter or butter and lard mixed. Fry to a nice brown on both sides.—Mrs. P. J. Coffey, Whitby, Ont.

CODFISH BALLS.—2 cups boiled potatoes and rice, 1 cup soaked and shredded codfish, 1 tablespoon butter, a pinch of curry powder, a little minced onion and a dash of paprika; make into balls and roll in beaten egg, and then in cracker crumbs, and leave in a cool place. Fry quickly and serve.—Mrs. W. A. Thompson, Strasburg, Ont.

2.—Pare 6 or 7 good-sized potatoes, quarter, and cover with boiling water; put a large cup of boneless codfish above the potatoes and cook till tender; drain, mash and season to taste, add an egg and beat well, then shape into balls or flat cakes (about ½ inch thick), and fry in hot fat.—Mrs. N. Harris, Merton, Ont.

HARD-SHELLED CRABS.—Put on rack above boiling water and steam 10 minutes. Cool, open and remove meat.—Mrs. Milton Savage, Elgin Mills, Ont.

SOFT-SHELL CRABS.—Wash, drop in boiling water for ½ minute, to kill them, take off apron (tail pieces folded on under shell), lift points at each side and cut out gills, and cut off a triangular piece at head including eyes and stomach; wipe dry, crumb, egg crumb and fry in deep fat until brown.—Mrs. Milton Savage, Elgin Mills, Ont.

LOBSTER.—To test.—Tail should spring back after cooking as well as before, if lobster is fresh. It should be heavy for its size. To prepare.—Steam, rather than boil it; put lobster on rack with water 1 inch below. When water boils, put lobster in head first and quickly cover. Cook 20 minutes.—Mrs. Milton Savage, Elgin Mills, Ont.

LOBSTER BISQUE.—2 pounds lobster, 2 cups cold water, 4 cups milk, ¼ cup butter, 1¼ cups flour, 1½ teaspoons salt, cayenne. Remove meat from lobster shell, add cold water to body bones and tough end of claws, cut in pieces, bring slowly to the boiling point and cook 20 minutes. Drain, reserve liquor and thicken with butter and flour. Scald milk with tail meat of lobster finely chopped, strain and add to liquor, season, then add tender claw meat. When coral is found in lobster, wash, wipe, force through strainer, put in mortar with butter, work until blended, then add flour and stir into soup.—Mrs. Milton Savage, Elgin Mills, Ont.

LOBSTER CHOWDER.—4 or 5 pounds lobster, chopped fine; take the green part and add to it four pounded crackers; stir into 1 quart boiling milk, add lobster, a piece of butter ½ size of an egg, a little pepper and salt, and bring to a boil.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

LOBSTER FARCE.—1 cup boiled lobster meat, ½ cup milk or cream, 1 tablespoon butter, ½ tablespoon flour, 1 tablespoon bread crumbs, ½ teaspoon salt, 1 teaspoon chopped parsley, 1-6 teaspoon paprika. Put butter in pan, when melted stir in flour and milk or cream. Let boil, remove from fire, add lobster meat cut in pieces; fill shells from which the lobster meat

Cowan's Supreme Chocolate combines richness, strength and smoothness

was taken with farce. Cover with buttered crumbs, brown in oven, arrange on bed of parsley.—Mrs. Milton Savage, Elgin Mills, Ont.

LOBSTER A LA NEWBERG.—1½ cups diced lobster, 2 tablespoons butter, 2 tablespoons sherry, 2-5 teaspoon salt, paprika or cayenne, 2 yolks, ½ cup cream. Melt butter, add lobster and heat, add wine and cook ⅔ minute, then add cream, yolks and seasonings. Cook until it thickens, but does not curdle. Serve immediately. One finely chopped trifle may be added.—Mrs. Milton Savage, Elgin Mills, Ont.

DEVILLED CRABS.—2 cups crab meat (8-10 crabs), 1 cup milk, 2 tablespoons butter, 2 tablespoons flour, 1 teaspoon salt, ¼ teaspoon paprika, 1 teaspoon lemon juice, 1 tablespoon mixed parsley, ½ cup chopped mushrooms, 2 yolks of eggs. Make white sauce, add seasoning, meat and yolk of egg. Cook to thicken. Cool slightly, put into shells, cover with buttered crumbs and brown in oven.—Mrs. Milton Savage, Elgin Mills, Ont.

BROILED OYSTERS.—Clean oysters, dry, drop in melted butter, roll in fine crumbs, season, broil in buttered broiler.—Mrs. Milton Savage, Elgin Mills, Ont.

CREAMED OYSTERS.—Make 1 cup of thick cream sauce and season with salt, black pepper, cayenne and celery salt; then wash and pick over 1 pint oysters, and parboil until plump; skim carefully, drain and add them to sauce. Serve on toast and garnish dish with points toast.—Mrs. John S. Smoke, Mount Nemo, Ont.

VIRGINIA CREAMED OYSTERS.—Down on the Eastern Shore they have big clam-shells—at least, I suppose they are clam-shells, for they are broad and shaped like a clam-shell, although much larger than those we usually see—and in these the oysters should be creamed if one would compass perfection in this dish. In default of these shells, however, one may use nappies or ramekins. Lay three or four oysters in each nappy or shell. Have ready a sauce made by cooking together

2 tablespoons each of butter and flour until they bubble, and pouring on them, then, a cupful of oyster liquor and 1 of cream; add a tiny pinch of baking soda to the cream and stir over the fire in a double boiler until you have a thick, smooth sauce. Season to taste with salt and white pepper, beat up hard once and pour over the oysters in the shells or the nappies. Set in the oven and after the shells or dishes are hot, bake for about 5 minutes.—By a Virginia Housewife. By Courtesy of "The Delineator."

OYSTER A LA CREME.—1 quart oysters, 1 pint cream; put oysters in double boiler and cook till milk juice begins to flow out. Drain the oysters in a colander, put the cream in the double boiler; when it comes to a boil, thicken with flour, wet with milk to the consistency of cornstarch, ready to mould; put in oysters and cook five minutes.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

OYSTER COCKTAIL.—2 tablespoons catsup, 2 drops tobacco sauce, ½ teaspoon Worcestershire sauce, ½ teaspoon lemon juice, 1 teaspoon horseradish.—Mrs. H. B. Ohrt, 20 Farnham Ave., Toronto, Ont.

ESCALLOPED OYSTERS.—1 pint oysters, 4 tablespoons oyster liquor, 2 tablespoons cream, 1 beaten egg, ½ cup stale crumbs, ½ cup cracker crumbs, ¼ cup melted butter, salt, pepper; mix crumbs in butter. Arrange alternate layers in buttered baking dish of crumbs, oyster seasonings, wetting. Bake 35 minutes. —Mrs. Milton Savage, Elgin Mills, Ont.

FRICASSEE OYSTERS.—1 pint oysters, 1 cup white sauce, 1 egg, 1 teaspoon chopped parsley, clean plump oysters, add egg to white sauce, add oysters.—Mrs. Milton Savage, Elgin Mills, Ont.

FRIED OYSTERS.—Select the largest oysters for frying, take them carefully from the liquor, lay them on a cloth and press another lightly upon them to absorb the moisture. Now roll in cracker crumbs or cornmeal and fry quickly to a light brown in hot butter. Serve

at once in a warm dish.—Miss Florence L. Scott, Acton's Corners, Ont.

PANNED OYSTERS.—Clean, place on small pieces of toast in baking pan, season, bake until plump. Serve with lemon butter, made with 3 tablespoons butter, creamed, and ½ teaspoon salt, 1 tablespoon lemon juice, cayenne.—Mrs. Milton Savage, Elgin Mills, Ont.

2.—Clean, place on small pieces of toast in baking pan, season, bake until plump, serve with lemon butter, which is made with 3 tablespoons butter creamed, ½ teaspoon salt, 1 tablespoon lemon juice and cayenne pepper.—Mrs. Milton Savage, Elgin Mills, Ont.

OYSTER PATTIES.—Make some rich puff paste, bake in very small patty pans; when cool, turn out upon a large dish; stew some large, fresh oysters with a few cloves, a little mace and nutmeg, then add the yolk of one egg, boiled hard and grated; add a little butter, and as much of the oyster liquor as will cover them. When they have stewed a little while take them out of the pan and set them to cool. When quite cool, lay 2 or 3 oysters in each shell of puff paste.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

PICKLED OYSTERS.—Wash them from their liquor and put them into a porcelain-lined kettle, with strong salt and water to cover them; let them come to a boil, and then skim them into cold water; scald whole peppers, mace and cloves in a little vinegar, the quantity of these to be determined by the number of oysters; when oysters are cold put into a stone jar with layers of spice between them, and cover with liquor in which they are cooked; spice to taste.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

OYSTERS ON THE SHELL.—Wash the shell and put them on hot coals, or upon the top of a hot stove, or bake them in a hot oven; open shells with an oyster knife, taking care to lose none of the liquor, and serve quickly on hot plates with toast; oysters may be steamed in the shells, and are excellent eaten in the same manner.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

OYSTER PIE.—In the old time a shallow pudding-dish was lined with good puff paste, filled with crusts of bread, these covered with a top of the paste, and baked. The edges of the dish were well-buttered so that the crust would not adhere to them too closely, and when the pastry was baked this top was lifted off carefully, the bread crusts removed, and in their place were put oysters, prepared just as for oyster scallop, except that the oysters were allowed to cook in the sauce for three minutes after they went in. Then the crust was laid back on the dish and the whole sent to table. The argument against lining the pie-dish with raw paste, putting in the uncooked oysters and baking all together, was that by the time the paste was ready to eat, the oysters were overdone and insipid.—By a California Housewife. By Courtesy of "The Delineator."

SAUTEED OYSTERS.—Clean oysters, dry, season, dip in crumbs, saute.—Mrs. Milton Savage, Elgin Mills, Ont.

SCALLOPED OYSTERS.—Butter a pudding-dish and cover the bottom with a layer of crushed cracker-crumbs, moistening them with oyster liquor and a little milk. On this put a layer of oysters, dotting it with bits of butter and seasoning with salt and pepper. Cover with another layer of crumbs, repeat that of the oysters, continuing in this order until the dish is full, and making the top layer of crumbs. Strew thickly with bits of butter, bake covered for 20 minutes, and brown.—C. T. H., Pompton, N.J. By Courtesy of "The Delineator."

STEWED OYSTERS.—Not oyster stew, if you please! It was never called that in the old times, and I don't believe it has that name applied to it in the South, even now. Add a ½ pint of hot water to the liquor drained from 2 quarts of oysters. Put a little salt and pepper with it, set over the fire and let it boil up once. Turn in the oysters and let them cook for not more than five minutes, or until the gills begin to crimp. Watch carefully for this stage, as every

WHITE SWAN COFFEE the connoisseur's choice

second beyond it means injury to the flavor of the oyster. Add 2 tablespoons of butter and a large cup of boiling milk; take from the fire immediately and serve as soon as possible. Never let them stand at the back of the stove and keep warm unless you prefer them tough and tasteless.—By a Michigan Housewife. By Courtesy of "The Delineator."

SHRIMPS.—2 cups shrimps, broken once or twice; make 2 cups white sauce; when cooked, add 2 tablespoons mushrooms chopped, 1 teaspoon chopped celery, 1 teaspoon onion juice, 1 teaspoon lemon juice. Heat shrimps in sauce and serve on crackers.—Mrs. Milton Savage, Elgin Mills, Ont.

BAKED SALMON.—1 can salmon, ½ cup bread crumbs, 1 tablespoon melted butter, salt, pepper, and a little nutmeg, 1 tablespoon vinegar, or the juice of 1 lemon. Drain the salmon, pick to pieces and work in the melted butter, egg, seasoning and crumbs; moisten with liquid drained from salmon, turn into a well-buttered pan in boiling water, cover closely; bake 1 hour.—Mrs. W. T. Turton, Bradford, Ont.

SALMON BALLS.—3 large potatoes mashed very fine, roll 4 biscuits smooth, 1 egg, ¼ cup sweet milk or cream, little pepper, salt, and 1 can salmon; mix together, fry in buttered pan.—Mrs. Alex. Walker, Coldwater, Ont.

2.—1 can salmon, 12 soda biscuits rolled fine, 2 eggs, and enough milk to moisten, season with pepper and salt, roll in balls and fry in butter.—Mrs. J. E. Wilson, Delhi, Ont.

CREAMED SALMON.—Take 1 tin salmon, turn out on a dish and flake with a fork, have ready a sauce made in double boiler from 1 pint milk, butter size of an egg, and a tablespoon of flour, salt and cayenne pepper to taste; melt butter and flour together until smooth, add to milk slowly, also 1 egg beaten, and put in just like boiled custard; put in a baking dish alternate layers of salmon, biscuit crumbs, and sauce until all is

used; put layer of crumbs on top; bake 15 minutes and serve hot.—Mrs. W. M. Harvie, Orillia, Ont.

SALMON CHEESE.—1 can good salmon, 4 eggs, 1 cup cream, 6 soda biscuits rolled fine, pepper and salt and a little vinegar to taste; mix all together and steam 2 hours; when cold slice down and serve.—Miss Sylvia Leigh, East Oro, Ont.

SALMON HEADCHEESE.—1 can salmon, 3 eggs, 6 rolled soda biscuits, 1 pint sweet milk, salt and pepper to taste; bake.—Mrs. R. R. Clothier, Kemptville, Ont.

SALMON CROQUETTES.—1 cup salmon, 8 biscuits rolled, 1 egg, ½ cup milk, pepper and salt to taste; fry in butter till a rich brown.—Mrs. J. A. Emerson Appleby, Ont.

2.—1 can salmon, 3 eggs, 8 soda biscuits rolled fine, 3 tablespoons sweet milk, a little salt and pepper, break eggs on salmon, stir thoroughly and fry in butter.—Mrs. C. A. Hyde, Bealton, Ont.

3.—Take 1 box salmon, roll 4 biscuits, 3 eggs, make in small flat balls, salt and fry in butter till light brown; stale bread crumbs may be used instead of biscuits, and any fish left over from roasting or frying may be used the same way.—Mrs. Jacob Lareck, Mildmay, Ont.

SALMON CUSTARD.—1 can salmon, 2 eggs, 1 cup milk, small lump of butter, salt and pepper to taste; bake for 20 minutes or half an hour till brown.—Mrs. Hugh Curry, Ingleton, Alta.

SALMON CUSTARD.—1 can salmon, salt and pepper to taste; take a deep bake dish, put alternate lays of salmon and rolled soda biscuit crumbs, 1 well-beaten egg, 1½ cups milk, pour over salmon, put bits of butter on top of the dish and bake until custard is set; let get thoroughly cold and slice.—Mrs. S. Snelgrove, R.R. No. 3, Orwell, Ont.

DEVILLED SALMON.—This dish may be prepared from either canned or cold boiled salmon. Arrange

Give the children Cowan's Maple Buds

fish in neat flakes and pour over it the following dressing: Yolks of 3 eggs boiled hard, 1 pound salad oil or melted butter, rub with eggs to a smooth paste, add 2 teaspoons each of sugar and mustard, salt and cayenne to taste, add a little vinegar; arrange lettuce leaves around the plate, pour the dressing over the fish, and garnish with the whites of eggs cut in rings. This is nice prepared with shredded (not chopped) cabbage.—Mrs. A. B. Wilson, Wilsonville, Ont.

SALMON DRESSING.—2 eggs, 1 tablespoon sugar, 1 teaspoon salt, ½ teaspoon pepper, 1 teaspoon mustard, ½ cup vinegar; let come to a boil; when cold add ½ cup sour cream. For 2 cans.—Mrs. J. C. Frank Allin, Ostrander, Ont.

2.—1 tablespoon flour, 2 tablespoons sugar, ½ teaspoon mustard, 2 tablespoons butter; cook so that it will not taste raw, remove from stove and add 1 egg and vinegar to taste.—Mrs. O. McMichael, Waterford, Ont.

SALMON FLUFF.—1 can salmon, 6 soda biscuits, 2 eggs, 1 tablespoon butter, salt and pepper; roll biscuits, beat eggs and work all together; form into pats and fry a few minutes.

FRIED SALMON.—1 can best salmon, 3 eggs, 1 cup milk, add 6 soda biscuits rolled fine, pepper and salt to taste; work the mixture into rolls and fry in butter.—Mrs. Wm. Walker, Vanessa, Ont.

SALMON FRITTERS.—½ can salmon, 1 cup mashed potatoes, 1 slice of bread squeezed out of cold water, 1 egg, salt and pepper to taste; mould into round flat balls, roll in flour and fry until brown.—Mrs. Ernest Hysop, Killarney, Man.

SALMON FLITTERS.—2 eggs, 1 cup sweet milk, 1 can salmon, butter size of walnut, pepper and salt to taste, 2 cups of rolled biscuits; make in little pats, fry in butter over quick fire.—Mrs. Chas. A. Mason, Ellesmere, Ont.

SALMON LOAF.—Pick carefully the skin and bones of 1 can salmon, add 4 eggs well beaten, 4 tablespoons soft butter, ½ cup bread crumbs or crackers, pepper and salt to taste, 1 tablespoon minced parsley, mix well and pack in buttered mould and steam 1 hour.

Sauce for Above.—1 cup milk thickened with 1 tablespoon cornstarch or flour; add the liquid from the salmon, 1 large spoon butter, 1 teaspoon tomato catsup, red pepper and salt to taste, 1 egg beaten in very carefully. Can be eaten hot or cold.—Mrs. John McHunter, Craigvale P.O., Ont.

2.—1 cup salmon, ½ cup bread crumbs, ¼ cup milk, 1 egg, ½ teaspoon salt, ¼ teaspoon mustard, ½ teaspoon parsley, ½ teaspoon lemon juice, a little pepper and onion juice. Mix dry ingredients first, beat egg, add milk, add to dry mixture, last lemon and onion juice; bake in oven till done and serve with white sauce.—Mrs. Lottie Evans, Mountain, Ont.

3.—With 1 can of salmon mix 4 soda biscuits (rolled very fine), 2 eggs, ½ cup milk and a little butter, pepper, and salt to taste; steam an hour and a half. This served cold and garnished with a little parsley makes a very dainty dish.—Mrs. Bert Mancekivell, Salford, Ont.

Also sent by Mrs. M. C. Armstrong, Mount Albert, Ont., and Mrs. Thos. Jermey, Mitchell, Ont.

4.—1 can salmon, take out the bones and skin, drain off oil, add 3 eggs (beaten), melted butter the size of a good big egg, salt and pepper to taste, and 2 cups of bread crumbs; then mix all well, and put in a buttered dish, and steam ½ an hour.—Mrs. D. Campbell, Ripley, Ont.

Also sent by Mildred Gearns, Dalston, Ont., and Pearl Cox, Amber, Ont.

5.—1 can salmon, 2 eggs, 2 soda biscuits rolled finely, pepper and salt and little lemon juice, also some butter; wet this mixture with hot water, then press in a dish and steam for ½ hour; slice and eat cold.—Mrs. Chancellor Harrington, Elcho, Ont.

6.—Open salmon, pick out skins and bones, beat 2 eggs, add 1 cup milk, six rolled biscuits, a little salt and pepper, mix all together and put in a buttered dish and cook ¾ hour in oven. This is nice for cold meat for supper or Sunday.—Mrs. A. Stein, Aylesbury, Sask.

MOULDED SALMON.—Take a can of salmon and carefully remove all bones and skin, then add 2 well-beaten eggs, 5 soda crackers rolled, butter the size of an egg melted, salt and pepper, put in a well-greased mould and steam for 2 hours. Serve with drawn butter. Sauce: Let 3 teaspoons of butter get soft, mix with 2 teaspoons flour and pour on boiling water until it is the right consistency, do not boil it; add a chopped hard-boiled egg.—Mrs. H. B. Ohrt, 20 Farnham Ave., Toronto.

SALMON PATTIES.—1 can salmon, 1½ dozen soda biscuits rolled fine, 1 cup sweet milk, pepper and salt to taste, work all together; form in lumps the size of eggs or larger; cook in a hot buttered pan till a nice brown; turn once. A good way to make one can go as far as two.—Mrs. W. T. Turton, Bradford, Ont.

2.—Cook 1 cup rice till tender, add ½ can salmon, 1 egg, season with pepper and salt; form into oblong shape and fry brown in butter.—Mrs. R. C. Glaves, Franconia, Ont.

SALMON PUFFS.—1 can salmon beaten lightly, season with salt, pepper and celery salt, 1 cup bread crumbs, 2 tablespoons melted butter, 3 eggs beaten lightly; put in a buttered mould and cook over boiling water until done, when it will turn out. Serve with cream sauce.—Mrs. John Cowan, Pilot Mound, Man.

SALMON SALAD.—Pick the salmon to pieces and add twice as much chopped celery as fish, and mix well. Dressing: 2 eggs, 2 tablespoons sugar, 1 teaspoon mustard, pinch of salt, and 1 cup vinegar; boil until it thickens.—Mrs. C. O. Bennett, Claremont, Ont

SALMON FOR SANDWICH.—1 can salmon, 3 hard-boiled eggs, juice of lemon, 1 tablespoon vinegar, 2 tablespoons pickles chopped, 1 teaspoon mustard, 1 tablespoon butter.—JESSIE L. BARKEY, Mongolia, Ont.

SALMON SCALLOP.—1 can salmon (drained), bones and skin removed, 1 cup sweet milk, 1 cup bread crumbs, 1 tablespoon butter, 1 tablespoon flour; heat milk and butter, thicken with flour smoothed in part of the cold milk; mix this with the salmon and part of the bread crumbs, salt and pepper to taste; put remainder of bread crumbs on top, dot with butter; bake 20 minutes.—MRS. T. N. HIGGINS, Maccan, N.S.

SCALLOPED SALMON.—1 tin salmon, 1 pint milk, butter about size of an egg, pepper, salt and about 6 soda biscuits rolled out fine ; pick all bones out of salmon and flake it up finely with a fork, add all the other ingredients, and heat to boiling point in a double boiler, then put it in a baker, sprinkle a few more cracker crumbs over the top and brown in the oven. Just before going to the table cut up a lemon in about eight pieces and put over the top, a piece being allowed for each person. Each one may then squeeze the juice over their portion as they desire. If oven is not hot, omit the baking, serving it without browning at all.—JESSIE CASKER, 209 Quesnel St., Montreal, Que.

SALMON SOUFFLE.—Make a white sauce of 1 pint milk, 2 tablespoons each of flour and butter, 1 teaspoon salt, a little pepper, and a few drops onion juice, cook, then add 1 cup stale bread crumbs, 1 can salmon picked free from bones and rubbed smooth with a silver fork, and beaten yolks of 3 eggs; beat all, then fold in whites beaten very stiff; turn into buttered dish and bake in pan (standing in water) in oven for 25 minutes.—MRS. H. C. JONES, Vankleek Hill, Ont.

SALMON TIMBOLE.—1 can salmon, 1 cup crumbs, 1 tablespoon chopped parsley, ½ teaspoon salt, 1-16 teaspoon pepper, 2 eggs, 1 tablespoon lemon juice,

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¼-½ cup milk; mix thoroughly, adding milk enough to moisten. Put into buttered mould and place in the oven and poach. Turn and serve with parsley sauce.—Toronto Technical College.

SALMON TURBOT.—1 can salmon, 1 cup milk, 4 soda biscuits (rolled), butter half size of an egg, salt and pepper to taste, beat all well together, and steam 3 hours in a well-buttered dish, turn out and cover with sauce. Sauce for same: 1 cup milk, thicken with a tablespoon cornstarch, 1 egg, a little pepper and salt, pour over salmon.—Miss Edythe Coxworth, Ivy, Ont.

A NICE DISH OF SALMON.—Take 2 cans of nice red salmon, drop them unopened in boiling water and boil 20 minutes; while that is doing make a sauce as follows: Put a pint of sweet milk in a double boiler, mix a large spoonful of flour in a little cold milk, season with pepper and salt; when the milk boils add a tablespoon of butter, then the flour, cook till thick and smooth; take the 3 or 4 cold boiled eggs left over from breakfast, peel off the shell and cut in thin slices; turn out the fish on a large dish, spread out, lay the sliced eggs over the fish and put the sauce over all. This is enjoyed for the farmer's tea, both by the hired help and also the school children after a cold luncheon at noon hour.—Mrs. Joseph Wass, Sunny Bank Farm, Oakville, Ont.

FOWL

CHOOSING A CHICKEN.—Select a young chicken. Choose a bird that has the claws on. They should not be tough and hairy. Breast bone should be soft and pliable, tips of the wings likewise. When feathers are picked off there should be no long hairs. Scales on the feet should be soft and dry. The skin must be tender and soft. For boiling and stewing choose a fowl not too young. For roasting use a tender fowl. To develop a flavor in an old fowl after boiling or stewing, brown it in the oven.—MACDONALD INSTITUTE.

TO BAKE POULTRY.—Wash and singe, take off head and legs, remove tendons—do not draw or break skin. Use a small pointed knife. Cut the skin down the full length of the back, then beginning at the neck, carefully scrape the meat away from bone, keeping the knife close to the bone. Break joints of wings and legs, and proceed to free the meat from the carcass. When one side is free, turn the fowl and do same to other side. Care must be taken to detach the skin from the breast bone without piercing the skin. When meat is free from the carcass, remove bones from legs and wings, turning the meat down inside out, as bones are exposed, being careful not to break the skin at the joints. The end bones of the wings cannot be removed, and the whole end joint may be cut off or left.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

FORCE MEAT FOR STUFFING BONED FOWLS.—Use meat of another fowl or veal, or a mixture of both. Chop fine, and add to the mince meat 1 cup crumbs, and if convenient, some chopped ham or tongue; season with 1 tablespoon chopped parsley, 1 teaspoon onion juice, 1 teaspoon salt, ¼ teaspoon pepper, 1 teaspoon thyme, moisten with stock if veal is used; take it from knuckle, and use the bone in braizing pot,

as it will leave a good jelly. In stuffing, be careful that too much is not used, as allowance must be made for the swelling.—Mrs. Milton Savage, Elgin Mills, Ont.

STUFFING FOR FOWL.—3 cups bread crumbs, 1 cup onions finely chopped, 1 tablespoon summer savory, 1 tablespoon sage, 1 teaspoon black pepper, 1 teaspoon salt, 1 cup butter; put butter in the frying pan, heat, then add the ingredients; when real hot add ½ cup hot water, cover, let steam a few minutes, when it is ready to mash nicely, then it is ready for use.—Mrs. W. H. Bowen, Glen Meyer, Ont.

POULTRY DRESSING.—2 cups bread crumbs, ½ cup raisins, 1 large sour apple, sugar to sweeten and milk to moisten; raisins and apples to be chopped fine; season with salt and pepper to taste.—Mrs. C. Fretshaw.

DUMPLINGS FOR BOILED DUCK OR CHICKEN.—1½ cups flour, 1 scant teaspoon soda, 2 scant teaspoons cream tartar, ½ teaspoon salt. Sift twice, then add ⅔ cup sweet milk, mix 1 light, handling as little as possible. Roll ½ inch thick, cut into small squares, sift a little flour over them; then, when your chicken is nearly cooked, lay dumplings on top. Cover tightly, and let boil for fifteen minutes without moving the cover.—Mrs. J. C. Bulmer, Cobden P.O., Ont.

BAKED CHICKEN.—Cut the fowls open and lay them flat in a pan, breaking down the breast and the back bones, dredge with flour and season well with salt and pepper, with bits of butter; put in a very hot oven until done, basting frequently with melted butter, or when half done take out the chicken and finish by broiling it upon a gridiron over bright coals; pour over it melted butter and the juices in the pan in which it was baked.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

CREAMED CHICKEN.—1 chicken of 4½ pounds, or 2 of 6 pounds, 4 sweetbreads, and 1 can of mush-

rooms; boil chicken and sweetbreads, and when cold cut up as for salad. In a saucepan put 4 coffee cups cream, in another 4 large tablespoons butter, and 5 even ones of flour; stir until melted, then pour on the hot cream, stirring until it thickens; flavor with a small half of grated onion, and a very little grated nutmeg; season highly with black and red pepper. Put chicken and ingredients together with sweetbreads and mushrooms (which if large should be cut in 4 pieces) in a baking dish; cover with bread crumbs and pieces of butter, and bake 20 minutes. It can be made without sweetbreads, but is not as good. Serves 16 persons.—HELEN MARSHALL, Decewsville, Ont.

CHICKEN CHEESE.—Take a plump chicken weighing about 4 or 5 pounds when dressed, put on and boil till tender and well done, remove all the bones and grisly parts and chop fine, with a little salt and pepper; boil down the water it was cooked in to a pint, and it jellies, and stir it in with the chicken. Make a dressing as follows: 1 small loaf of baker's bread put through the meat grinder and a lump of butter, cut fine, size of an egg, a little sage, salt and pepper, 2 beaten eggs stirred in to hold it together; put half of the chicken chopped in a deep earthen or granite dish, spread level; put on the dressing, spread level, then the rest of the minced chicken; this will almost fill the dish; set in the oven till hot, then set in a cool place over night; when cold slice and serve.—MRS. JOSEPH WASS, Sunny Bank Farm, Oakville, Ont.

CHICKEN DRESSING.—Take 3 cups bread crumbs, 1 tablespoon butter; mixed well through bread crumbs, 1 teaspoon salt, 1 teaspoon pepper, 1 tablespoon summer savory, 2 eggs; mix all together, put in chicken and roast.—MRS. N. FULLER.

FRIED CHICKEN.—Take good plump chicken, cut in half (lengthwise), and cut each half across, so as to make four pieces of the body; cut off the legs and open them to the bone; place the fowl in the frying pan in deep hot fat, slice over it 1 large potato and 1 large

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onion; season well with pepper and salt, cover and fry gently for 20 minutes or ½ an hour, turning meat to brown on both sides. This is delicious.—Mrs. John Cook, Murillo, Ont.

2.—Cut chicken up, boil 1 hour, dip each piece in flour, then fry in butter till brown.—Mrs. John Forsyth, Glasgow, Ont.

JELLIED CHICKEN.—Boil a fowl until it will slip easily from the bones; let the water be reduced to about 1 pint in boiling; pick the meat from the bones, place in a wet mould, skim the fat from the liquor, a little butter, pepper and salt to the taste, and ½ ounce of gelatine. When this dissolves pour it hot over the chicken. The liquor must be seasoned pretty high, for the chicken absorbs.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

CHICKEN LOAF.—Boil 2 chickens in as little water as possible to cook them without burning, until the meat will drop from the bones; remove the meat from the bone and cut it up fine; put it back in the kettle with plenty of water, pepper and salt and sage; heat it thoroughly, then slice hard-boiled eggs in the bottom of a dish, then pour the chicken over it while hot, place a weight upon it, and set in a cool place; when cold it will come out in a loaf and may be sliced. This makes great sandwiches for picnics.—Mrs. James A. Street, Box 227, Thamesville, Ont.

CHICKEN PIE.—Line a deep biscuit pan with pastry made as follows: 1 part ice-cold water and one part of thick sour cream, with 1 teaspoon soda and 2 of cream of tartar to 1 quart of flour; bone the chicken and distribute white and dark meat evenly over crust, rolled crackers ½ inch in depth sprinkled over meat when pan was half filled. Simmer broth to good strength, thicken and season as for gravy, pour in pan enough to nearly cover second layer of meat; leave opening in top crust for escape of steam; bake 40 minutes.—Mrs. Wm. Shields, Shelburne, Ont.

2.—Boil the chicken until tender, having first put in two medium-sized potatoes and 2 large onions sliced very thin, pepper and salt, or any seasoning one may wish; thicken gravy nicely with little flour and water, having enough to cover chicken; now pour all into granite pan until crust is prepared. Crust for top: Same as for pie crust, but should be at least half an inch thick, and not too rich. This pie will bake in quick oven from 20 minutes to ½ an hour.—Mrs. Frank Coulter, Couttsville, Ont.

3.—Cook chicken until tender, add salt and pepper to taste; place the chicken flat in a stone baking dish, make a gravy of chicken broth, not enough to cover, however. Crust for Pie.—2 cups of flour, sifted, with 1 teaspoon baking powder, ½ teaspoon salt, 3 tablespoons butter mixed with flour. Beat 1 egg, add to it 1 cup sweet milk, stir into flour, dip in spoonfuls over chicken. Bake in moderate oven from ½ to ¾ hour. —Mrs. M. A. Dutcher, Vegreville, Alta.

4.—Stew a nice chicken till tender, remove the larger bones, salt and pepper, thicken gravy with flour made smooth with milk and have plenty of gravy or the pie will be dry. For Crust: One pint or 2 cups cream; if sour add 1 teaspoon soda, if sweet ½ teaspoon soda; 1 teaspoon baking powder in flour enough to roll; line 3 quart pan around sides, put in chicken and piece of butter, with ½ cup sweet cream, butter size of an egg; cover with remainder of crust dough, cut a slit in top for steam escape and bake. When nice and brown remove from oven, cover for ten minutes and serve.—Mrs. E. Fisk, Clear River, Ont.

PRESSED CHICKEN.—Boil a chicken until tender, take out all the bones and chop the meat very fine, season with salt, pepper and plenty of butter; add to the liquid the chicken was boiled in, 1 cup bread crumbs made solt with hot water, and to this the chopped chicken. When heated, take out and press into a basin. Serve cold.—Mrs. John Cowan, Quinn P.O., Ont.

2.—Cover a young fowl, cut in joints, with boiling water; let simmer until tender, with a few slices of

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carrot, ½ an onion and a stalk of celery. Remove skin and bones and return with broth to fire and let simmer until reduced to 1 cup, strain broth and set aside. When the flesh is nearly cold, chop fine, remove fat from broth, reheat, stir the chicken into it, adding salt and pepper. Pack in pot, cover with buttered paper, weight it down, let stand until set, slice thin and serve with salad.—Mrs. John T. Smoke, Mount Nemo, Ont.

A NICE WAY TO ROAST CHICKEN.—Take a young chicken and prepare as for cooking in the kettle and roll each piece in flour till your pan is full, or till you have plenty, then sprinkle with pepper and salt and a liberal sprinkling of butter, and set in the oven and roast till done, which takes about 1 hour.—Mrs. Otis C. Parry, Tillsonburg, Ont.

ROASTED BONED CHICKEN.—Spread chicken on board, skin side down; turn the flesh of legs and wings right side out and stuff with force meat into shape. Equalize the meat as well as possible, placing against the little strip of white meat only the dark meat, dredge with salt and pepper. Make a roll of the force meat and lay it in the chicken, draw the skins up and sew it together securely. Turn it over, place legs and wings into the position of a trussed fowl. Press the body into natural shape and tie securely. Cover with slices of salt pork and roast, allowing 20 minutes to the pound, baste frequently. Remove pork last 15 minutes, dredge with flour, let brown, serve with gibbet or tomato sauce. —Mrs. Milton Savage, Elgin Mills, Ont.

CHICKEN SALAD.—The white meat of cold boiled or roasted chicken or turkey, ¾ same bulk celery (chopped), 2 hard-boiled eggs, 1 raw egg well beaten, 1 teaspoon mustard, 1 teaspoon pepper, 3 teaspoons salad oil, 2 teaspoons white sugar, ½ teacup vinegar. Mince the meat, removing all fat gristle and skin, mix with celery, pour dressing over when cold.—Mrs. John Hunter, Craigvale, Ont.

2.—Take cold left-over chicken, the same quantity of celery, chop fine; add salt, pepper and a little vinegar and cream.—Mrs. E. Stoltz, Mannheim, Ont.

3.—2 chickens chopped coarsely, 3 bunches celery chopped, and 2 heads of lettuce, 2 hard-boiled eggs chopped fine and a few pickled cucumbers, salt to taste. Mix with mayonnaise dressing and garnish with lemons just before sending to table.—Mrs. G. C. Richardson, Milton, Ont.

SOUTHERN HASH.—Any left-over chicken or tomatoes will do for this; cut the chicken into small pieces, you should have about 2 cups; cut the tomatoes into small pieces, 2 cups are plenty; stew them gently in 1 cup water for 20 minutes; an onion stewed with them is an improvement. Put the chicken, tomatoes, and 1 cup boiled rice in a kettle and heat to boiling point. Serve hot, garnish the platter with parsley.—Miss C. E. Judge, Slate River Valley, Ont.

STEAM ROAST CHICKEN.—This is a recipe by a former chef of royalty in Austria: Roast a chicken in a covered roasting pan or in a Dutch oven from ½ to 3 hours, according to size of chicken. Baste with bouillon.

Dressing.—Mix some bread that has been soaked in water and squeezed out, with some onions that have been chopped, and browned in lard or butter. To this add some chopped celery, parsley, pepper, salt, butter and 2 eggs, also a little minced boiled salt pork if desired.

Gravy.—Boil some tomatoes (if 1 gallon, then with 1½ gallons of water) with the following: Onions, garlic, celery, parsley and some bones of roast beef or chicken bones. Marrow or butter can be used instead of the bones, as it is simply the oil from the bones that is desired. Boil 3 hours and then add some bouillon. Steam and boil again with flour to thicken ever so slightly. and a little salt to suit taste.—Elizabteh Stoffels, Napa, Cal. By Courtesy of "The Delineator."

STEWED CHICKEN.—Place a layer of bacon in bottom of stew kettle, then a layer of chicken, season

and sprinkle a little flour, and so on until you have sufficient. Fill kettle with water until within ½ inch of top of meat, cover tightly and cook about 2 hours; do not stir, only turn in round in the pot. Skim off grease and butter and a little flour for gravy.—MRS. W. H. MCNEIL, Oakville, Ont.

BRUNSWICK STEW.—1 chicken, 6 large tomatoes, 3 large potatoes, 1 pint sweet corn, ½ pint shell beans, green. Put the chicken over and cook till nearly done, then add tomatoes and potatoes and beans; let cook until about 15 minutes before taking up, then add corn, salt and pepper to taste. The stew should cook 3 hours altogether. If done that way, will find it excellent.—MRS. VANWAGONER, Acacia, Ont.

A NICE WAY TO COOK CHICKEN.—Prepare chicken as for stewing, roll each piece in flour, place in a small dripping pan, sprinkle with pepper and salt and some butter, fill the pan half full of sweet milk, cook in the oven for 1 hour. The milk makes a nice gravy.—MRS. WM. MCKAY, Altona, Ont.

POTATOES WITH CHICKEN.—Use 2 cups hot mashed potatoes, piece butter size of an egg, 1½ cups hot milk, beaten yolks of 2 eggs, salt and pepper to season, and a little minced celery. Beat till all are thoroughly mixed, then fold in the beaten whites of eggs. Pour in a border mould, bake in a hot oven. Turn out on a hot dish, and fill centre with stewed chicken.—MRS. JOHN T. SMOKE, Mount Nemo, Ont.

BAKED TAMALE.—An excellent new supper dish, which with tea and fruit makes a meal for six. Boil until tender one small chicken, or that amount of any tender meat. The meat from soup bones is fine used this way, and veal is as good as chicken. In fact, you can use to advantage any tender left-over meat. Strain off the broth, remove the bones, and break into small pieces. Put into a frying-pan 2 tablespoons of lard or drippings, and when hot add 2 tablespoons flour, and let brown a little; then add the meat, salted to taste,

with 1 cup broth and 2 tablespoons of chili powder; stir and cook 10 minutes; set off to cool, and add a small cupful raisins (whole) and about the same of olives. Now make a stiff batter of 3 cups of cornmeal and 1 of flour, salted, into which is rubbed ¾ of a cup of lard or drippings, moistened with 1 beaten egg and 1 cup broth. Line a deep pan with the batter, and bake 1 hour.—M. I. DAVIS, Campo, Cal. By Courtesy of "Delineator."

DUCKS.—When roasted, use dressing as for turkey, with the addition of a few slices of onion; many cooks lay over the game slice of onions, which take away the fishy flavor, removing the onion before serving. Make a sauce with the dripping in the pan in which the game is roasted, and to which are put the chopped giblets, which are previously well cooked; thicken the gravy with brown flour moistened with water. Serve with currant jelly.—MRS. JOS. WOODROW, Richmond Hill, Ont.

ROAST GOOSE.—Stuff the roast in same manner as ducks; many cooks cover poultry with a paste of flour and water while baking, removing it before being served.—MRS. JOS. WOODROW, Richmond Hill, Ont.

ROAST TURKEY, OR CHICKEN.—Having picked and drawn the fowl, wash them well in 2 or 3 waters, wipe them dry, dredge them with a little flour inside and out, sprinkle on a little pepper and salt, prepare a dressing of bread and cracker crumbs; fill the bodies and crops of the fowls and then bake them from 2 to 3 hours; baste them frequently while roasting; stew the giblets in a saucepan. Just before serving chop the giblets fine, after taking up the chicken and the water in which the giblets are boiled, and the chopped giblets to a gravy of the roast fowl, thicken with a little flour which has been previously wet with the water; boil up and serve in a gravy dish. Roast chicken and turkey should be accompanied with celery and jellies.—MRS. JOS. WOODROW, Richmond Hill, Ont.

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TO BOIL A TURKEY.—Make a stuffing for the craw of chopped bread and butter, cream, oysters and the yolks of eggs, sew it in and dredge flour over the turkey, and put it to boil in cold water, with a spoonful of salt and enough water to cover them well; let it simmer for 2½ hours, or, if small, less time; skim it while boiling. It looks nicer if wrapped in a cloth dredged with flour. Serve it with drawn butter, in which put some oysters.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

TO ROAST WILD FOWL.—Put an onion, salt and hot water into a pan, and baste for 10 or 15 minutes; change the pan, put in a slice of salt pork and baste with butter, and pork drippings very often; just before serving dredge lightly with flour and baste. Ducks take from 25 to 35 minutes. Do not draw or take off the heads of either, garnish with fried or toasted bread, lemon, parsley and currant jelly.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

TO STEW BIRDS.—Wash and stuff them with bread crumbs seasoned with pepper, salt, butter or chopped salt pork, and fasten them tight; line a stewpan with slices of bacon, add a quart of water and a bit of butter the size of a goose egg, or else four slices of salt pork; add, if you like, sliced onions, sweet herbs and mace; stew till tender, then take them up and strain the gravy over them; add boiling water if the liquor is too much reduced.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

PIGEON PIE.—Make a fine puff paste, lay a border of it around a large dish, and cover the bottom with a veal cutlet, or a very tender steak free from fat and bone; season with salt, cayenne pepper and mace. Prepare as many pigeons as can be put in one layer of the dish; put in each pigeon a small lump of butter, and season with pepper and salt; lay them in the dish breast downwards and cut in slices a ½ dozen hard-boiled eggs and lay in with the birds; put in more butter, some veal broth, and cover the whole with crust;

bake slowly for an hour and a half.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

BOILED PIGEONS, OR SQUABS.—Young pigeons, or squabs, are rightly esteemed a great delicacy. They are cleaned, washed and dried carefully with a clean cloth, then split down the back, and broiled like chickens; season with pepper and salt and butter liberally in dishing them. They are in great request in a convalescent's room, being peculiarly savory and nourishing.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

PRAIRIE CHICKENS, PARTRIDGES AND QUAILS.—Clean nicely, using a little soda in the water in which they are washed, rinse and dry, then fill with dressing, sewing up nicely, binding down the legs and wings with cords; put in a steamer over hot water, and let them cook until just done; then place in a pan with a little butter until of a nice brown. They ought to brown nicely in about 5 minutes. Serve on a platter with sprigs of parsley alternating with currant jelly.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

QUAIL ON TOAST.—After the birds are nicely cleaned cut them open down the back, salt and pepper them, and dredge with flour; break down the breast and back bones so they will lie flat, and place them in a pan with very little water and butter in a hot oven, covering them up tightly until nearly done, then place in a spider in hot butter, and fry a moment till a nice brown; have ready slices of baker's bread toasted, and slightly buttered upon a platter. The toast should be broken down with a carving knife so that it will be tender; on this place the quail, make a sauce of the gravy in the pan, thicken lightly with browned flour and pour over each quail and the toast.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

MEATS

Meat is the flesh of animals used for food. The flesh of more mature animals is more nutritious and more easily digested than that of the younger.

Beef is the most nutritious meat, mutton ranks next. Pork is difficult to digest. Lamb is tender, but less valuable than mutton. Veal is the least nutritious and is indigestible.

Good meat is firm and bright red when first cut. The fat is firm and light yellow. Lean meat is muscle. Much used muscle makes rich, juicy, good-flavored meat, but is not always tender.

Cooking of Meat.—Meat is cooked: 1. To improve the flavor and appearance. 2. To kill any germs which may be present. 3. To soften the fibre. 4. To retain the juice by boiling, pan boiling, or roasting.—GLADYS HARRIS, 109 Park Street, Buffalo, N.Y.

RULES FOR ROASTING.—Put the roast in a very hot oven with pieces of fat or good dripping, and baste every ten minutes. Keep oven very hot for small roast; for large roast lower heat after first 15 minutes. Allow 15 minutes for each pound if meat is compact. A long, narrow, thin roast will take less time. After meat is well seared, salt and pepper may be added. Meat may be rubbed with flour if desired.—MACDONALD INSTITUTE.

ROASTING BEEF.—Wash beef clean and have oven real hot, and do not put water in pan as it toughens the meat. Cook it quickly by keeping oven hot. In making the gravy, do not wet the flour with water, just put flour in hot grease and it will not go lumpy.—MRS. A. STEIN, Aylesbury, Sask.

RULES FOR BOILING.—Cover meat with boiling water, boil about 15 minutes, then simmer till done. Tender meat takes 10 minutes to the pound. Tough meat 3 to 5 hours, no matter what size.—MACDONALD INSTITUTE.

THE COOKING OF TENDER MEAT.—

Roasting.—Wipe the meat and put in a roasting pan. Then put in a very hot oven; after ten minutes check the oven and continue to cook in even heat, basting occasionally with the fat in the pan. Allow ten minutes to every pound.

Broiling.—Hold the meat very near the fire first, turning every 10 seconds; then hold it further away from the fire and turn less frequently until cooked. Steak one inch thick should require 10 minutes' cooking.

Pan-broiling.—Heat the pan, then put the meat in, and turn it at once. Then every 10 seconds for one minute, and less frequently until done. Before taking it from the pan, season it; remove to a hot platter and spread butter over it.

Boiling.—Put the meat into boiling water and boil for five minutes, then simmer until tender. Allow from 2 to 3 hours for an ordinary piece.

Stewing.—Cut the meat into 2-inch pieces, cover with cold water and simmer until tender. Add any vegetable and seasoning desired, and thicken with gravy before serving. To develop higher flavor in meats, the piece may be rolled in flour and then stewed.—VERNA GIES, Heidelberg, Ont.

TO COOK TOUGH BEEF.—Cut ready for frying, put in pan on a hot fire; when nicely browned on both sides, shake pepper and salt and 2 tablespoons of flour, then cover with boiling water. Cook 2 hours; as water boils away add more.—MRS. N. T. DOBSON, 409 Boston St. E., Hamilton, Ont.

2.—Tough cuts of meat are rendered more appetizing by the combination of both moist and dry heat. (Dry heat first and moist heat last). To cook tough meat: 1. Aim to make tender by softening the connective tissues (by moist heat). 2. To cook without hardening or drying the muscle juices. 3. To develop a palatable flavor, browning the surface in dry heat.—MACDONALD INSTITUTE.

WHITE SWAN LYE makes dirt fly

CANNING BEEF.—Cut the beef in pieces as you would to fry or stew, fill your sealer as full as you can, putting the fat and pieces that are not so nice on top. Put the lid on tight and put the sealers in the boiler in cold water and boil 3 hours. If the beef is old, boil longer. Don't let the water come over the top of the jars; when done, take sealers out and tighten as tight as you can; when cold it should be jellied. Keep in a cool place.—Mrs. John Raymer, Sunnidale Corners, Ont.

GRAVY.—2 tablespoons flour to 1 cup boiling water or liquid. First mix flour with fat, then brown and stir in the boiling water. Scrape all the brown parts from the pan. Season with salt and pepper.

Another Method.—Mix flour smooth with a little cold water, stir into the fat and then add hot liquid; a little strained tomato may be added to either if desired.—Macdonald Institute.

GRAVY—WHEN MEAT CANNOT BE HAD.—Brown a heaped tablespoon of flour in butter the size of an egg, then add about 3 cups of the water which has been drained from boiled potatoes (peeled), and pepper and salt to taste.—Eva E. Ramey, Lynden, Ontario.

BEEF

BEEF BALLS.—Chop very fine 2 pounds of raw beef, or as much as needed, with some suet; season with salt and pepper; mix in a handful of flour, mould into balls and fry in hot drippings to a nice brown on both sides. —Mrs. O. C. Buchner, Courtland, Ont.

BUBBLE AND SQUEAK.—Cut in pieces, convenient for frying, cold roast or boiled beef; add pepper and salt, and fry them. Have a cabbage boiled and chopped small and fry with a little pepper and salt. Keep stirring, that all may be equally done; sprinkle over cabbage, when taken from the fire, a very little vinegar; place

cabbage in centre of dish and arrange meat neatly round it.—Mrs. A. Christie, 88 Birge St., Hamilton, Ont.

BEEF CECILS.—Chop 3 cups cold beef, add 2 cups bread crumbs, 1 egg, a small onion chopped fine, a little sage, pepper and salt to taste, enough milk to moisten the mixture that it will hold together in balls, flattened, and fry in drippings or butter.—Mrs. W. E. Knowles, New Lowell, Ont.

BEEF CROQUETTES.—Chop the bits of cold beef very fine; to 1 cup of chopped meat add ½ cup of cracker crumbs, 1 egg, pepper and salt (and a little chopped onion if desired). A little hot water or meat gravy may be needed to make crumbs stick together. Make into little cakes and fry in hot buttered pan.—Mrs. W. H. Bradshaw.

2.—Chop sufficient cold cooked beef to make 1 pint, add to it 1 teaspoon salt, 1 teaspoon onion juice, a dash of cayenne, ¼ teaspoon pepper, and a grating of nutmeg. Put half a pint of milk over the fire, rub together 1 tablespoon butter and 2 tablespoons flour; add then to the hot milk, stir until you have a smooth, thick paste; take from the fire, mix with it the meat and let cool. When cool, form in croquettes, beat 1 egg, add to it a tablespoon warm water and beat again; dip the croquettes first into this, then roll in bread crumbs and fry them in smoking hot fat.—Mrs. L. J. Craig, Hamtown, York Co., N.B.

DUCK WITHOUT BONES.—2 pounds gravy beef cut in small pieces, 3 large onions sliced, cold water to cover; put crock in oven, cook gently 3 hours, rub 1 pound flour in a little stock, add gravy coloring, pepper and salt, a few sage leaves rubbed fine; return to oven. Boil potatoes and serve at once. Mrs. Welch, Grovelly Lane, North Birmingham, Rednal, near Bham, Eng.

MOCK DUCK.—Take a round of well-pounded beefsteak, dust with pepper and salt, then spread on it a

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thick layer of bread crumbs dressing as prepared for goose or duck; then roll up and tie with cord and dust with flour and roast in a covered meat pan till cooked, about 1½ hours.—Miss Florence L. Scott, Acton's Corners, Ont.

2.—Prepare dressing as for turkey, and after pounding a round of steak spread dressing over it; lap over the ends, roll steak tightly and tie closely, spread butter over steak after tying; lay on a rack in bake pan, baking as a turkey or duck, basting often; a ½ hour in a brisk oven will bake; pour gravy over it and serve hot.—Mrs. Wm. Calvert, Buttonville, Ont.

MOCK ROAST DUCK.—1½ pounds finely chopped beef or Hamburg steak, 2 eggs, 2 cups bread crumbs, 2 cups milk, 1 onion, 2 tablespoons finely chopped fat pork, salt, pepper and sage to taste, and roast like duck.—Mrs. Ernest Hysop, Killarney, Man.

DURHAM CUTLETS.—3 cups cold left-over beef ground fine with 1 small onion; heat 1 cup milk, ½ cup gravy, thicken with ½ tablespoon flour; when cold mix with the meat and set away to cool in a mould. Cut in slices and fry.—Mrs. R. L. Perry, Linton P.O., Ont.

A FAVORITE DISH.—Cut in halves and boil sufficient potatoes, drain them, put into a baking tin, add a little butter, place 3 pounds beef or lean mutton in centre of potatoes; bake 1 hour, turn potatoes over occasionally; they will then be a golden brown.—Mrs. Welch, Grovelly Lane, North Birmingham, Rednal, near Bham, Eng.

HAMBURG STEAK.—For this use the tougher portion of the round, or, in fact, almost any of the poorer portions of the meat; chop 1½ pounds of the raw meat very finely, add 2 cups of bread crumbs soaked in milk, 1 onion (minced), season to taste, add 2 eggs; make into a roll, put in a baking pan, pour over it some warm water in which a piece of butter has been melted, and bake, basting frequently. If preferred, the "steak"

may be made into small cakes and fried.—Mrs. P. J. McEwan, Northfield Sta., Ont.

2.—2 pounds beef, ½ teaspoon pepper, 1 teaspoon salt, ½ cup boiling water, 1 small onion chopped fine, 1 egg, ½ cup flour, and ½ cup drippings; chop meat fine, add seasonings, beat egg, mix it with meat, shape in round cakes about 1 inch thick, dredge with flour, and fry in dripping; when browned, add ½ cup boiling water, cover and simmer for 30 minutes.—Mrs. O. S. Bowlby, Auburn Sta., King's Co., N.S.

3.—1 pound beef chopped fine or minced, 1 egg, 1 large onion, 1 cup bread crumbs, pepper, salt and sage; make in little patties and fry a nice brown.—Mrs. W. Stone, Phelpston, Ont.

ROLLED STEAK.—Take a round steak (pound), pepper and salt; take bread crumbs and make a dressing by crumbling, with pepper and salt, wet with a little cream and any other seasoning such as sage; spread over top of steak, roll and tie with string, put in pan and roast 40 minutes.—Mrs. Arthur Bain, Caledonia, Ont.

BEEFSTEAK PIE.—For a small family half a pound of steak is plenty. Cut in small pieces and stew till tender, add 3 or 4 medium-sized potatoes, also cut in small pieces; cook together until done and remove; make a thickening for broth of ½ cup milk and a tablespoon flour, a little butter and season to taste; make a crust of a quart of flour, 1 teaspoon baking powder and a scant teaspoon of soda, ½ cup of lard, a pinch of salt and a cup sour milk; mix and line a dish with crust, fill will mixture, having plenty of broth to cover beef and potatoes; cover the top with a crust and cut a hole in top crust; bake to a golden brown in a moderate oven.—Mrs. Jacob Wagg, Uxbridge, Ont.

BEEFSTEAK WITH ONIONS.—1 pound chopped raw beef, 1 chopped onion, pepper and salt, butter size of walnut; make into small balls, flatten these, fry in butter until brown on both sides.—Mrs. Frank Mulholland, Craigvale, Ont.

HOW TO BROIL A PORTERHOUSE STEAK.—Have steak cut 1 inch thick, cut off the tail-ends of 2 medium-sized steaks, trim off all excess fat, leaving the portions containing the T bone for broiling, place on broiler and broil over hot coals for about 7 minutes, then turn and broil the other side; if no broiler is at hand, heat thick frying pan very hot, smear with some of the fat and put steak in, turning the same as when broiler is used; season with salt and pepper; when cooked put on hot platter, putting bits of butter over meat; add a very little water to pan, and put in platter, but do not pour it over meat, as that toughens it; serve at once. Use the ends of meat which you cut off in a stew next day prepared as follows: Brown some of the fat and a little butter in pan, add the ends of meat cut in small pieces, let brown all over this, cook slowly till nearly done, when you add 3 potatoes, 1 large onion, 3 small carrots and a little turnip cut in diced pieces, with enough water added from time to time to keep from scorching; when nearly tender season, let cook for a few minutes, put on hot chop platter, garnish with parsley and rings of lemon and serve. Steak prepared in the above way will be found to be juicy and tender.—Mrs. W. H. Boyd, Rodney, Ont.

STUFFED BEEFSTEAK.—Stuffed beefsteak can be prepared from a rather poor flank or round steak; pound well, season with pepper, salt, then spread with a nice dressing; pull out and tie closely with twine; put in a kettle a quart of boiling water, boil slowly 1 hour, take out and place in a dripping pan, adding water in which it was boiled, basting until a nice brown and make gravy of the drippings. It is delicious sliced cold.—Miss Maggie Kidd, Connor P.O., Ont.

TO CORN BEEF.—1 pound salt, 1 pound brown sugar, ¼ ounce saltpetre to each gallon of water, boil and skim, and when cold pour over meat. First sprinkle and rub beef with coarse salt, and let stand 24 hours, then wash off and pack in tub or barrel and pour pickle over it. Will be ready to use in a week. Does

not need to be soaked, simply washed off, and put on to cook.—Mrs. G. H. Allen, Garden Creek, Fredericton, N.B.

BAKED BEEF HASH.—Allow to every 2 cups of chopped beef cooked and cold, 3 cups mashed potatoes, 1 tablespoon melted butter, 2 tablespoons sweet milk, salt and pepper to taste; mix all together, pack in granite pudding dish and cook in the oven for ½ hour. This can be used for corned beef as well as fresh. Do not add salt for corned.—Mrs. W. E. Knowles, New Lowell, Ont.

HASHED ROAST BEEF.—2 cups roast beef cut fine with knife, 1 large onion cut fine, 3 tablespoons flour, butter size of an egg; put butter and flour in pan and brown, then put in cut beef and onion, stir well; add cup of water, a little more if too thick, pepper and salt to taste; let boil 15 minutes.—Mrs. Barton A. Mitchell, Courtland, Ont.

JUGGED BEEF.—Into a brown stewing jar put 2 pounds thin beef, or stewing steak; cut into convenient sized pieces, add 2 onions cut in slices, 1 medium-sized carrot cut in cubes, 1 teaspoon mixed herbs, 1 small onion stuck with ½ dozen cloves, a little Yorkshire relish; dust all with 1 tablespoon flour; pepper and salt to taste; do not quite cover with water or stock; put on the lid and set jar in the oven; let it cook for 2 hours. Boiled potatoes should be served with it.—C. T. Ganong, "The Cedars," King's Co., N.B.

BEEF LOAF.—2½ pounds beefsteak put through grinder, 2 eggs, 2 soda biscuits crumbled, ½ cup cream, 6 large chopped onions, small piece of suet chopped fine, ½ cup butter, a little chopped parsley and sage, salt, pepper; bake in oven after all is mixed together about 2 hours.—Mrs. Wilbert Capling, Boston, Ont.

Also by Mrs. J. M. Shanty, Haysville, Ont.

2.—Grind 3 pounds raw beef, ½ pound suet, ½ pound bread crumbs, 4 tablespoons sweet cream, 2 eggs, 1 teaspoon butter, 2 teaspoons summer savory, ½ teaspoon pepper, 1 teaspoon salt; mix and work into a

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loaf, using flour to bind the ingredients together; bake in a pan for 2 hours, basting frequently with melted butter or hot water.—Mrs. Geo. Anthony, Ringwood, Ont.

3.—2½ pounds beef put through grinder, ½ pound lean pork put through grinder, 2 eggs, 1 cup bread crumbs soaked in water, 1 small onion, pepper, salt and sage; bake 1½ hours.—Mrs. Frank Flanders, Bealton, Ont.

4.—1 pound lean beef chopped fine, 1 tablespoon chopped parsley, 1 egg, 1 teaspoon salt, ⅛ teaspoon pepper, 2 tablespoons dripping; put egg into a bowl, beat just enough to bring yolk and white together, add dripping; mix together and pour it over the meat and mix the whole well together; wet the hands and form the meat into a roll and bake in a hot oven 30 minutes; baste every 10 minutes.—Mrs. John Ferguson, Camlachie, Ont.

5.—3½ pounds of beef chopped fine and uncooked, 4 biscuits crushed fine, 1 egg, 1 cup milk, butter size of egg, 1 tablespoon salt, 1 tablespoon pepper; mix in shape of loaf, bake in slow oven 2½ hours, basting often; serve cold for lunch.—Mrs. Chas. A. Mason, Ellesmere, Ont.

Also by Mrs. T. Snooks, Vachell P.O., Ont.

BROWNED MINCE OF BEEF.—Remains of cold roast, ¼ as much mashed potatoes, 1 cup gravy, seasoning of pepper, salt, mustard and catsup; make all very hot in saucepan, pile on dish, cover with bread crumbs, put little bits of butter over and brown quickly in oven.—Mrs. A. Christie, 88 Birge St., Hamilton, Ont.

BEEF, OATMEAL AND TOMATO.—1 pound shin beef, 2 sausages, 1 cup tomatoes, ⅓ cup oatmeal, 1 teaspoon Worcestershire sauce, salt and pepper; cut beef in small pieces, season with salt and pepper; cut sausages in 1-inch pieces, roll in flour and put in earthen dish with beef; add other ingredients and cook 5 hours in aladdin or slow oven.—Mrs. Milton Savage, Elgin Mills, Ont.

BEEF OLIVES.—Cut chunk steak ½ inch thick, take pieces 4 inches square, season both sides, put stuffing on them; roll, tie, put in double roasting pan with brown sauce underneath; cook in aladdin or slow oven 2 hours; season salt and serve.—Mrs. Milton Savage, Elgin Mills, Ont.

BEEF OMELET.—4 pounds round beef (uncooked) chopped fine, 6 eggs beaten together, 6 soda crackers rolled fine, little butter and suet; pepper, salt, and sage, if you choose; make 2 loaves, roll in crackers, bake about an hour. Slice when cold.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

BEEF PIE.—Put a dessertspoon dripping in a pan, and when smoking hot add an onion sliced; cut ½ pound beefsteak (the round will do) into bits and brown also; shake in 1 tablespoon flour, and brown, then add 2 pints water, and stir slowly; season, then cover, and simmer gently for 2 hours; bits of potato and carrot may be added if liked; have a pan of hot biscuits made as follows: Take 3 cups flour and sift with it 2 teaspoons baking powder, and ½ teaspoon salt; rub in 1 tablespoon of butter and make into a dough with sweet milk; divide the dough in two and pat out a little (do not knead or roll), then cut as you would pie and bake; break open on a platter, pour the meat mixture over, and serve.—Barbara Steinmann, Crosshill, Ont.

2.—Cold roast beef, cold potatoes and onions; slice meat in small pieces, also potatoes; put a layer of meat, then a layer of potatoes, then a little onion, pepper and salt; continue this until dish is full, then add one cup rich gravy and 1 cup boiling water; make a crust as you would for biscuits, only a little richer; cover pie and bake in medium oven for ½ hour.—Miss Lydia Jones, Oxford Mills, Ont.

BEEF COTTAGE PIE.—Take old beef scraps, chop fine, with a small onion, salt and pepper; place the meat in a deep dish moistened with the gravy or a little butter dissolved in boiling water; put enough mashed

potatoes over the top to make a thick cover over the meat; bake a light brown; put a few bits of butter over the potatoes before putting into the oven; this is fine for supper.—Mrs. J. C. Bulmer, Cobden, Ont.

IRISH POT PIE.—4 pounds fresh beef, 4 carrots, 1 turnip, 1 dozen potatoes, 2 onions, dough made as follows: 2 quarts flour, 2 teaspoons cream tartar, 1 of soda; mix with milk or cold water, same as for biscuit, no lard in it; roll about 1 inch thick, cut into 4-inch squares, cut meat into small pieces, then put in a layer of beef in bottom of pot, then a layer each of carrots, turnip, potatoes and dough and meat in alternate layers; add salt, pepper, a little summer savory; add water until you see it through the vegetables; cook slowly 3 hours.—Mrs. Fred Smith, Upper Falmouth, Hants Co., N.S.

BEEF PUDDING.—1½ pounds beef, 1 quart flour, ½ pound suet, ½ teaspoon salt; cut the beef into small pieces, chop suet very fine and add to flour and salt, and mix into a stiff paste with a knife; roll out, and line a bowl with the paste, and fill in the beef with salt and pepper to taste, and dust with flour; put in a little water, and then cover the top with paste and join the edges well; tie down with a cloth, and plunge into boiling water and keep boiling for 4 hours. A chopped onion and a little sage herbs may be put in if liked.—Mrs. W. Lawrence, Painswick, Ont.

POT ROAST.—Take 4 pounds of stew beef, a small piece of suet, put in pot and brown, then cover with water and let come to a boil, then keep at a slow simmer for four hours. While stewing, add 3 medium carrots (put through the chopper), a large onion; pepper and salt to flavor, let stew down until there is just enough liquid for gravy. Or, instead of carrots, put in half a can of tomatoes.—Mrs. Bayard Williams, "Rose Cottage," Long Beach, King's Co., N.B.

2.—Select any size of a piece, rub well with flour, have your pot hot with a little dripping in it, put in your meat, let brown nicely, keep turning till browned

all around and then put in a little water; cook slowly till tender. It will make almost any meat tender. Take out and have nice brown gravy.—Miss Rosa Wice, Painswick, Ont.

3.—Get a brisket about 8 pounds, from a good beef; put in a pot with half cup water, cover close, cook 4 hours gently, brown it in its own fat. Thicken gravy with brown flour, season to suit.—Mrs. J. W. Martyn, Canton, Ont.

4.—Put meat in pot, add 2 cups water, shake generously with salt, cover tightly, let boil dry; just scorch, not burn, then add 1 cup water (hot), let boil dry, and so on for 1 hour; add 3 onions cut fine, repeat the same process for another hour, take out meat; take 2 teaspoons flour, mix in a little water, pour in liquid in pot, add water to make sufficient for gravy for dinner. This is a splendid way of cooking tough meat.—Mrs. S. J. Dunsmore, Barrie, Ont.

5.—Take a rib-roast, remove the bones and roll up neatly, place in a kettle of cold water on the back of the stove and let simmer slowly for five or six hours. When the liquid is boiled down, make gravy from it and put your roast in the oven to cook 1 hour. Any tough meat can be made a most palatable dish cooked in this manner.—Jewel A. Corbett, Amherst Point, N.S.

PRESSED BEEF.—Put through food chopper 1 cup cold roast beef and 1 hard-boiled egg; add 1 teaspoon mustard and season with salt and pepper to taste. Moisten the whole with vinegar and press. The amount may be doubled as often as liked for larger quantity.—Mrs. Jos. H. Pettit, Ballycroy P.O., Ont.

ROAST BEEF AND YORKSHIRE PUDDING.—Place grate in roasting pan, put roast in this, dredge meat with flour and salt and when the flour is browned put in ½ pint hot water; watch carefully that the water does not boil away and the gravy become burned; add little water at a time, baste often. The roast should not be too lean.—Mrs. M. A. Dutcher, Vegreville, Alta.

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YORKSHIRE PUDDING WITH ROAST BEEF AND BROWNED GRAVY.—Place in pan enough fat (suet or butter) to cook the meat without adding water. Allow 1 hour to every 4 lbs. of beef. When sufficiently cooked, remove from pan and pour into the hot grease a batter made of 2 eggs, 1 pint of milk, a pinch of salt, 2 teaspoons baking powder and flour to make a thin batter; return to oven and bake 20 minutes. Remove from pan immediately it is done and serve with the gravy, which has been made of the dripping by adding flour and water.—Mrs. Arthur Kelley, Vanessa, Ont.

BEEF ROLL.—1 ounce lean beef, from shoulder or shin, 2 ounces sausage meat, crumbs, salt, pepper, 1 slice onion, ½ teaspoon Worcestershire sauce, 2 teaspoons catsup. Mix sausage meat with equal quantity of crumbs, cut meat in slices ½ inch thick and spread on sausage. Roll up and tie firmly, salt, pepper and dredge thickly with flour, put into earthenware dish with other ingredients. Cover with boiling water and cook 5 hours in aladdin pail.—Mrs. Milton Savage, Elgin Mills, Ont.

SCALLOPED BEEF AND TOMATOES.—Cold roast or boiled beef, 1 can tomatoes, ½ cup gravy, 1 tablespoon butter, 1 cup bread crumbs; drain the juice from tomatoes and set on the fire with 1 tablespoon of sugar; cut the beef into slices and place a layer in a greased baking dish; over this put some tomato, moisten thoroughly with the juice and gravy, season highly, sprinkle with bread crumbs, dot with bits of butter; bake ½ hour, uncover, brown and serve.—Mrs. Wm. Lemon, West Hill, Ont.

SHANK OF BEEF JELLIED.—Procure a nice shank of beef chopped into about four pieces, cover well with cold water and boil till tender and there is enough juice to cover the meat when taken from the bones, and put loosely in any convenient mould or basin. Let stand till cold in some cold place, when it will turn out a nice jellied mould. Season the above to taste.—Mrs. Garfield Yerex, Woodrows, Ont.

SPICED BEEF.—Boil a shank until tender, lift out meat and chop very fine, adding onion, pepper, salt or other seasoning if you choose; return to kettle containing the liquid and boil to a jelly. Put in bowls to cool (like head-cheese).—Mrs. W. Stone, Phelpston, Ont.

SPICED BEEF HAM.—To 24 pounds beef ham take 1 pound brown sugar, 1½ lbs. salt, ¼ pound pepper, ¼ pound allspice, 1 ounce saltpetre; mix together and rub over meat. Pack in a jar very closely, turning to rub every day for ten days, then hang up to dry.—Mrs. P. J. Jackson, Box 13, North Sydney, N.S.

SPICED ROUND OF BEEF.—Get a nice round, weighing about twenty (20) pounds; get the butcher to remove the bone, also get two (2) pounds of clear fat, fresh pork, 2 ounces ground pepper, 1 ounce ground allspice, 1 ounce ground ginger, 1 nutmeg (grated), ½ ounce powdered saltpetre, 1 pound dark brown sugar, 1 pound fine salt. Take half the quantity of salt and rub the beef thoroughly, and let stand over night, then add the other ingredients, which have been well mixed together. Rub well, and turn meat every day for a fortnight, basting well at the same time. Have the pork lying in the dish with the meat. When it is ready to cook, put the pork in the hole where the bone was, strew and tie up well, put in a pot with a close cover, and cover well with cold water. When it comes to a boil, boil hard for ½ hour, then remove from stove, keeping it well covered. Stand on floor and cover with rugs and blankets and let stand for 24 hours. Take it out of the water and put it away to get thoroughly cold before using. Cut in very thin slices.—Mrs. G. H. Allen, Garden Creek, Fredericton, N.B.

RECIPE FOR USING COLD BEEF.—Take cold boiled or roasted beef and chop with food chopper or a knife into small bits. Take 3 carrots, 1 large onion and cut up fine; have the frying pan hot with good dripping or butter, and 1 cup of hot water; drop in the vegetables and boil until tender, without the addition of more water, then add the meat and pepper and salt

to taste, and if any gravy left over, add when the meat is put in cup. If no gravy is on hand, water may be added, just in proportion as required, either for hash or a soup.—Mrs. John Easton, Appley, Ont.

2.—Cut the slices not too thick, dip them in beaten egg and then in bread or cracker crumbs, or cornmeal, then fry a nice brown in piping hot fat; be careful in turning. Lay each piece on a hot platter, not heaped up, and garnish with greens. Then, the next day, take all the left-overs of the beef, put them through the mincing machine with a small onion, season with salt and pepper, put in a bake dish, cover over with mashed potatoes, then sprinkle the top with crumbs and bits of butter, a little pepper and salt, and brown in the oven. While preparing the potatoes, set the dish with the meat on the top of the stove with the gravy, if any left over, or use a good piece of butter and hot water, as the meat is dry. Or again heat the meat, onion and potatoes all together in a frying pan on the top of the stove. Either way is very good.—Mrs. Thierry, Glenboro, Man.

3.—Chop together left-over beef, 1 onion, 1 teaspoon sage, 1 teaspoon salt, a pinch of pepper, beat 1 egg, mix all together, put in small, flat cakes, dredge with flour and fry in hot butter or dripping.—Mrs. Peter Slaght, Wilsonville, Ont.

Also by Mrs. W. H. Jull, Burford, Ont.

4.—If cold roast beef is rare, broil quickly and serve with butter, salt and pepper, etc. If well done, warm up in a brown gravy, have the gravy hot and put the slices of meat in it; don't let them cook, as long cooking in a gravy will make any meat tough. Then with the remaining scraps of meat, with the bone and a few vegetables, make a stew with dumplings.—Mrs. Roy Miller, Box 198, Thamesville, Ont.

PORK

TO FRY DOWN PORK.—Take fresh pork, slice and fry as for table use, pack in crocks and cover with the hot dripping; be sure it gets well around the slices in

each layer, cover and weight to keep the pork well under the dripping. Have kept it for summer use for years, and find it as nice as if freshly cooked.—Mrs. W. H. Warner, Forest Rd. West, Cobourg, Ont.

PICKLE FOR PORK OR BEEF.—For every gallon of water add 1½ pounds of salt, ½ pound sugar, ½ ounce saltpetre; mix liquid enough to cover the meat and leave meat in pickle for six weeks, then take out and smoke.—Mrs. M. L. Harvey, Sparta, Ont.

BRINE FOR BEEF OR PORK.—5 pounds brown sugar, 8 pounds salt, 1 teaspoon cayenne pepper, 1 tablespoon saltpetre, 5 gallons water. This is sufficient for 100 pounds meat. Pour on boiling hot.—Mrs. Jas. McKenzie, Box 335, Portage la Prairie, Man.

TO PICKLE HAMS.—To 100 pounds meat use 20 pounds salt, 3 ounces soda, 2 ounces saltpetre, 1 ounce borax, 2 quarts syrup, and water enough to cover meat; boil all together; when cold pour over meat, let stand 4 to 6 weeks, according to size of hams; dry and sew in bags, paint with whiting.—Mrs. W. Allewell, Uptergrove, Ont.

TO SUGAR CURE PORK.—To 100 pounds of pork take 1 quart of salt, ⅓ of a pound of brown sugar, 2 ounces black pepper, 1½ ounces saltpetre, dissolved in ½ cup warm water; then mix all together and rub both sides; let it stand 10 days and rub again. Do not let it freeze while this is being done; when smoked the pieces may be rubbed with molasses and sprinkled with black pepper.—Mrs. Jas. E. Turnbull, Camilla, Ont.

2.—For curing 100 pounds pork make a salt brine sufficient to cover meat and strong enough to carry an egg; dissolve in warm water 6 pounds table syrup, 4 ounces saltpetre, and just before pouring over meat add 2 ounces baking soda; leave hams and shoulders in three weeks, side meat half the time; wipe dry and rub with cornmeal, paint with essence of smoke, sew up in cotton bags and hang up in cool place.—Mrs. Enos L. Metherell, Little Britain, Ont.

WHITE SWAN LYE packed in tins with sifting top. No can-opener required

TO CURE PORK.—For 1,000 pounds of meat take 10 quarts of salt, 2 pounds brown sugar, 1 pound black pepper, 1 pound granulated saltpetre; mix all well together, rub on about ⅓ of the mixture as soon as the meat is trimmed; in 2 or 3 days rub on about ½ of the balance, in 5 or 6 days rub on the remainder; in about 2 or 3 weeks your meat is ready to be smoked. —Mrs. Isaiah Hoover, Box 218, Stouffville, Ont.

SPICE CURED HAM.—To 100 pounds meat allow 10 pounds salt, 2 ounces saltpetre, 1 ounce cayenne pepper, 1 quart molasses or honey, 8 gallons soft water; boil and skim, pour on meat after a little cool; when you hang the hams up rub with molasses or honey and ground spices. Either honey or molasses can be used in this recipe with good results.—Jewel A. Corbett, Amherst Point, Cumb. Co., N.S.

BACON FRAZE.—Cook either breakfast bacon or salt pork in frying pan till nearly done; pour over it a batter made of 1 cup milk, 1 egg, and flour to thicken; cook till set, then put in oven to brown; turn over on flat dish. Very nice on a cold winter night with hot biscuits. — Mrs. John Fisher Monroe, Box 276, McDonald College, P.Q.

ANGELS ON HORSEBACK.—Take a slice of bacon, roll it up; take an oyster, and skewer it on the roll of bacon; repeat until the ashet is full; bake in the oven. —Mrs. A. Fleming, Milverton P.O., Ont.

EGG AND BACON PIE.—Make a short paste and line pie plate, cover with bacon cut into fine strips, beat 2 eggs with a little milk, season to taste, and pour over bacon; cover with crust and bake in moderate oven.—Mrs. G. Rowley, N. Battleford, Sask.

2.—Put a layer of pastry in a soup plate, put small pieces of cooked bacon or ham in, beat 1 or more eggs, season with pepper, pour over the bacon and cover with pastry and bake.—Mrs. A. Christie, 88 Birge St., Hamilton, Ont.

IRISH STEW.—Take a fresh piece of bacon, cut in small pieces, put in a kettle and stew, then add potatoes cut in small pieces, a little sage, pepper and salt and flour and water, serve hot.—Mrs. W. H. Johnston, Cheapside, Ont.

POTATOES AND BACON.—Cream potatoes in the usual way by cutting in cubes and warming in milk sauce; when they have simmered about five minutes, add some bacon which has been cut in tiny cubes and fried until nearly brown; bacon should be well drained before it is put with the potatoes; let bake a few minutes and serve. Potatoes creamed in the same way, only place a layer of potatoes, then a layer of grated cheese, and so on until a medium-sized basin is filled; always have a layer of the grated cheese on top; bake in the same way as the former; this will be found a splendid dish in case of unexpected company.—Mrs. Jack Platt, Millgrove, Ont.

FRIED PORK.—Have the pan hot greased, cut the slices less than a quarter of an inch thick, take off the rind, place on the pan; if fresh, add a little sugar, salt and pepper, will brown quicker and a nicer flavor; have a fork and spoon; cook thoroughly, press down all white places with a spoon until they are brown; when nicely browned both sides, lay on a platter; with the spoon pour a little gravy over each piece, and serve. On no account leave while cooking it if you want it right.—Mrs. Thos. Smith, Jamestown, Ont.

2.—Slice in nice thin slices and put in a bread pan; sprinkle with pepper and salt if fresh; put in the oven, turn when half cooked, then cook till a nice brown. I find it cooks more evenly this way than in the frying pan on the top of the stove.—Mrs. A. Hardie, Hurdville, Ont.

HAM AND EGG SANDWICH.—4 tablespoons finely chopped ham, 4 hard-boiled eggs, 1 teaspoon finely chopped parsley, ¼ teaspoon dry mustard, a pinch of salt, 1 tablespoon melted butter; put into a mortar and pound them until a smooth paste; spread mixture on

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buttered bread, cover with another slice, and cut into neat shapes.—Mrs. F. Mulholland, Craigvale, Ont.

MEAT PUDDING.—½ pound lean meat, bacon or ham, 1 chopped parboiled onion, ¼ teaspoon pepper; prepare suet paste, roll it to an oblong square, wet the edges with water, spread the beef, sprinkled over with onion and pepper over the paste, roll it up, keeping it back from the edges, and pressing them well together; dip a pudding-cloth in boiling water, flour it well, roll the pudding in it, tie the ends of the pudding not too close, as it swells a little; have ready a large pan of boiling water with ½ teaspoon of salt in it; place pudding in this and boil 2 hours; place a plate in the bottom of saucepan to prevent pudding from sticking. Serve with potatoes and nice gravy.—Mrs. Elsie Carter, Kingsmill, Ont.

STUFFED ROAST RIBS.—Take a whole side of spare ribs, hack down the centre, but do not separate the pieces, wash and thoroughly dry; prepare a stuffing as you would for turkey, using about half a loaf of rather stale bread, slice and rub until finely crumbled, season with salt, pepper and sage, also an onion cut fine; rub on a tablespoon of butter and moisten the whole with a little cold water; lay the stuffing in the hollow ribs next to the backbone, pack firmly, then turn over the other half; now take a cord, and beginning at one end wind smoothly around, covering all the stuffing; tie firmly, put in pan with about ½ cup of hot water, roast in a rather hot oven for an hour and a half; when done take out of the pan, lay on a platter, remove the cord, and it is ready to serve; for the gravy pour off some of the fat in the pan, add a tablespoon flour, rub smooth, pour in boiling water till of the right consistency, stirring all the time; let boil for a minute, season with salt and pepper, and serve with the roast.—Mrs. A. McLaren, Duart, Ont.

PRESSED HEAD.—Take the pig's head, soak it in cold water with a little salt in it over night; when it has soaked enough, add the upper parts of the shanks;

boil until the meat will drop from the bone, chop fine, season with pepper, salt, cinnamon and cloves to taste, put in a mould and press while warm.—Mrs. John Cowan, Quinn P.O., Ont.

TO COOK A HAM.—Soak the ham in cold water for 12 hours, put it on to boil, allow 15 minutes for each pound, pour the water off, fill the pot with fresh water (boiling), put in a pint of vinegar, a tablespoon of whole allspice, teaspoon cloves; allow the ham to cook in this, 15 minutes for each pound; let it remain in this liquor till cold, skim it, make a paste of vinegar and mustard and cover the top with it; put bread crumbs and a little sugar on, then return to oven for a short time.—Mrs. James A. Jamieson, Box 63, Thornton, Ont.

BAKED HAM.—Get a fresh ham and make a pocket in it by cutting the fat from between the rind and lean part; make a dressing the same as for a turkey for it, and fill the pocket, then skewer the rind and bake for 4 hours.—Mrs. Jessie McQuade, Omemee, Ont.

BOILED AND BAKED HAM.—Boil your ham tender, cover it with the white of a raw egg and sprinkle sugar or bread crumbs over it; put it in the oven and brown. It is delicious also covered with a regular cake icing and browned.—Mrs. Thos. Smith, Jamestown, Ont.

HAM CAKES.—Take the odds and ends of boiled ham, chop fine, add eggs and a little flour, mix and make in flat cakes, and fry in a little butter until brown.—Mrs. E. D. McGugan, Slate River Valley P.O., Ont.

DEVILED HAM.—Chop lean boiled ham very fine; to each pint of ham add 1 teaspoon mustard, 1 tablespoon flour, ½ cup boiling water; press into moulds to slice or for sandwiches use the following salad dressing: 1 egg well beaten, ½ cup sweet milk, or cream, 1 tablespoon mustard, 1 teaspoon sugar, 1 teaspoon salt; cook all together till thick; when cold add ½ cup strong vinegar.—Mrs. John Brydone, Box 58, Milverton, Ont.

HAM SALAD.—Beat 2 eggs light with 1 tablespoon mustard, 1 tablespoon butter, ½ teaspoon salt, 1 tablespoon sugar, 1 teaspoon pepper, 1 cup sweet milk stirred in; put on stove ½ cup vinegar and let scald; cook the other mixture and then pour in vinegar.—BERTHA AGAR, Nashville, Ont.

TO COOK SALT PORK.—Parboil in buttermilk and water, then dip in sweet cream and fry. This makes it like fresh meat.—MRS. ROSS POLLOCK, Keswick, Ont.

BATTER SAUSAGE.—3 eggs, 1½ pints milk, 1 teaspoon salt, 1 teaspoon baking powder, mixed together, 1 cup flour and eggs, then add other ingredients, put in pan and spread sausages on top of batter and cook 1 hour.—MRS. ELEANOR ATKINSON, Box 46, Nixon, Ont.

SAUSAGE MEAT.—Ingredients: Of fresh pork, ⅓ fat to ⅔ lean; to each pound of meat, 1 even tablespoon salt, 1 teaspoon sifted sage, a scant ½ teaspoon pepper; cut in thin strips and put through sausage machine or meat chopper; add the seasoning and mix thoroughly. —MISS ELEANOR MCMILLAN, Box 177, Blenheim, Ont.

SAUSAGE ROLLS.—Make a dough as for biscuits, roll out quite thin and cut in large rounds, lay sausage or sausage meat on half of each piece, then turn other half over and pinch together; put in baking tin and bake ½ hour. These are good either hot or cold.—MRS. JAS. A. STREET, Box 227, Thomasville, Ont.

Also by MRS. WM. JEBB, Camborne, Ont.

BROILED PORK TENDERLOIN.—Split the tenderloin through lengthwise, put on a wire broiler, and cook over a clear fire; when done, put in a pan with a lump of butter and let the juice of the meat and butter come to a boil. This makes a delicious gravy. Season with salt and pepper.—MRS. ELEANOR ATKINSON, Box 46, Nixon, Ont.

TENDERLOINS.—Take tenderloins, put in a saucepan with 2 tablespoons butter, keep turning till all sides are browned nicely, then cover with water and a

pinch of salt and let boil till tender; let the water boil down, then thicken with 2 teaspoons flour and a little water, pepper to taste.—Mrs. James Lunney, Willow Dale Farm, Aurora, Ont.

MISCELLANEOUS MEATS

STEWED KIDNEYS.—Boil kidneys the night before, until very tender, turn meat and gravy into a dish and cover over next day, boil a few minutes, thicken with flour and water; add part of an onion chopped fine, pepper, salt and lump of butter.—Mrs. L. Harvey.

BRAIZED LAMB HEARTS.—Wipe each cut of extra fat and take out partition walls. Stuff, using ¼ recipe, tie up and sew. Make ⅓ cup brown sauce in dish in which heart was seared. Put in double roasting pan and cook in aladdin or slow oven 3 to 5 hours. Season with Worcestershire or tomato sauce and serve. —Mrs. Milton Savage, Elgin Mills, Ont.

LITTLE LIMBALES OF LAMB.—½ cup of cold cooked mutton, ½ tablespoon butter, 1 tablespoon onion (minced fine), ½ teaspoon salt, pepper, ½ cup crumbs, gravy or water to moisten and 1 teaspoon capers. Cook onions and butter together without burning; butter little moulds and place capers in moulds; rub crumbs into onion and butter; moisten, season and heat on stove till it begins to steam, then put in moulds. Cook 15 or 20 minutes in moderate oven.—Mrs. M. Harvey, Sparta, Ont.

DELICIOUS FLAVOR TO LAMB.—Put in the water in which the lamb is boiled some whole cloves and stick of cinnamon; to one leg of lamb put a small handful of cloves and 2 long sticks of cinnamon; this gives a delicious flavor to the cold lamb. In roasting lamb, boil cinnamon in water and baste the meat.—Miss Nellie Gunn, Markdale, Ont.

LAMB AND PEAS.—2 cups chopped lamb (cold), 1 small onion, 1 cup cold potatoes, pepper and salt, 3 tablespoons stock, ¾ cup buttered crumbs, 1 cup green

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peas. Mix all lightly, heap in mould or shallow butter dish, cover with crumbs, bake until browned. Before serving, surround with seasoning and hot peas.—Mrs. Jas. Woodrow, Richmond Hill, Ont.

TO COOK LIVER.—Put liver through meat chopper, add pepper and salt, flour so you can lift large spoonful at a time; before putting flour in chop a little pork, mix with liver, then fry. Have tested this, find it good. —Mrs. T. S. J. Dunsmore, Barrie, Ont.

LIVER WERT.—Take a good-sized pig's liver, or any other the same size, and 1 pound of fat pork, and boil together until tender. Take out and mince fine with one large onion, add pepper and salt to suit taste. Boil the liquor down to a small quantity and pour over the minced liver; let cool. Can be served either warm or cold.—Mrs. J. F. Thompson, Orillia, Ont.

A TASTY WAY OF DOING LIVER.—Place in a stewpan enough beef dripping to fry either a large onion or several small ones. Cut your liver in nice squares, not too thin, brown them nicely in the stewpan. Add a little boiling water and a little brown gravy if you have it. Stew till tender, and season to taste. Before dishing, thicken the gravy with cornstarch.— Mrs. A. Christie, 80 Birge St., Hamilton, Ont.

A TASTY DISH OF LIVER.—Liver of any kind, onions, sage, pepper and salt; cut liver in thin slices, dip in flour, place in shallow baking dish, slice onions on top, add sage, pepper and salt, and ½ pint water; bake in moderate oven 1 hour. Tomatoes sliced improves this dish.—Mrs. Jessie Strawson, Vittoria, Ont.

LEG OF MUTTON FOR VENISON.—Pick out a fine leg of mutton and let it hang twelve days in a cool place, then wash it thoroughly and put it in a dripping-pan on a grate, so it will heat through thoroughly but will not cook. Remove it from the pan and pour into the pan a quart of rich gravy. Cut the mutton from the bone in slices not quite ½ inch thick, add a little tomato sauce or catsup and salt to suit taste, then lay in the

slices of meat and cook about 25 minutes, or until done. When nearly done, add 2 tablespoons barberry or currant jelly. Serve hot as soon as cooked. We have used this when venison could not be obtained on Christmas day.—E. F. P., Dorchester, Mass. By Courtesy of "The Delineator."

MOCK VENISON.—Lard a leg of mutton with strips of salt pork inserted in deep slits in the meat, which has been previously rolled in pepper and cloves; bake 2 hours, or according to size of roast. About an hour before serving, spread over it currant jelly, return to the oven and let it brown.—Mrs. Joseph Woodrow, Richmond Hill, Ont.

SCALLOPED MUTTON.—Remove fat and skin from cold roast mutton, cut in small, thin slices, season with pepper and salt. Butter a small low dish, put in a layer of meat, then a layer of oysters, strained and seasoned, then a layer of bread crumbs, then a second layer of meat, oysters and crumbs for the top. Strew a spoonful of butter cut in small pieces over the top, and moisten the whole with tomato juice or brown gravy. Cold, boiled macaroni, cut in inch pieces, may be used instead of oysters.—Mrs. John Woods, Richmond Hill, Ont.

MUTTON STEW.—1 pound flank of mutton, 1 small onion, 3 slices carrot, 3 slices turnip, 1 tablespoon butter, 2 tablespoons flour, pepper and salt. Cut mutton into small pieces, season and place in earthen dish; add vegetables, mix butter and flour; add hot water and pour over meat, cover with boiling water, add salt to taste and cook 5 hours in aladdin pail.—Mrs. Milton Savage, Elgin Mills, Ont.

AN ECONOMICAL DISH.—Take the remnant of cold boiled leg of mutton or of a roast of beef, shave it into thin slices, season and add, if you like, an onion chopped fine, or a pinch of sweet herbs. Put this on a baking dish and pour over it the gravy, if you have any, if not a little water will do, with a little butter and flour; then take hot boiled potatoes, mash fine, add a little milk or

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butter to soften them into a smooth paste and lay over the meat. Put the dish in the oven and bake a nice brown.—Miss Nellie Gunn, Markdale, Ont.

CORNED TONGUE.—1 cup sugar, 2 cups salt, 1 teaspoon saltpetre; put tongue in this brine and let lay for 3 weeks, turning often, nearly every day.—Mrs. J. H. Evans, Claremont, Ont.

PICKLE FOR TONGUE.—2 handfuls salt, 1 tablespoon saltpetre, ½ teaspoon allspice, ½ teaspoon cloves; rub the tongue well, and leave in pickle for 10 days; boil gently until tender, press and jelly.—Mrs. G. H. Allen, Garden Creek, Fredericton, N.B.

BONELESS BIRDS.—Good. Cut up veal, or leaf steak, in pieces about 2 inches square, and pound each piece until it is quite flat. Dust all with pepper and salt, and lay on each piece a strip of bacon, roll it up and tie with string, dip each piece in flour and brown in a mixture of butter and dripping; when birds have become brown pour on enough water to cover them; let them simmer gently about 2 hours; thicken gravy with a little flour; serve hot.—Anna Winter, Glen Ewen, Sask.

BAKED VEAL LOAF.—1½ pounds cold roast veal chopped fine, 1 tablespoon salt and 1 pepper, ½ nutmeg, 6 rolled crackers, 3 eggs; if veal is thin, add a piece of butter half as large as an egg, and a tablespoon of cream; form all into a large roll and spot the roll over with bits of butter, then strew over it the pounded crackers remaining after mixing meat to proper stiffness; put in the oven and from time to time add a little water; cook slowly 2 hours; slice when cold.—Mrs. Jas. Woodrow, Richmond Hill, Ont.

VEAL LOAF.—1¾ pounds veal fat and lean, 1 slice salt pork; chop the whole raw; take 3 common crackers pounded fine, 1 egg, ¼ cup butter, 2 small teaspoons pepper, pinch of cloves, any herb to suit taste; mix it well together and make into a loaf; put in a shallow baking pan with a little water, cover with bits of but-

ter, and sift flour over it. Bake slowly for 1¼ hours.—Mrs. Alfred E. McGinley, 382 Watson St., St. John, N.B.

SPICED VEAL.—4 pounds veal, chop it fine and season highly with salt, pepper, cloves and cinnamon; add 4 small crackers rolled out, 1 egg, and a lump of butter nearly the size of an egg; mix thoroughly together and press in a baking tin, and bake 2½ hours; slice when cold.—Mrs. Jas. Woodrow, Richmond Hill, Ont.

MOCK FRIED OYSTERS.—Cut fresh veal in small pieces 3 or 4 inches square, dry with a towel, season to taste; have a beaten egg and crackers rolled fine on 2 different dishes, dip pieces of cutlet in the egg, then in the rolled crackers; drop in hot butter or lard to cover and fry; make a gravy after meat is removed.—Mrs. Jas. Woodrow, Richmond Hill, Ont.

TO ROAST VENISON.—Wash a saddle of venison thoroughly in several waters, then rub it over with vinegar, red pepper and a little salt; lard with strips of salt pork rolled in seasoned bread crumbs; season if you like with sweet marjoram and sweet basil, 1 teaspoon each, also pepper, then rub the whole with currant jelly, and pour over it 1 bottle of claret wine; let it stand all night, and next morning cover venison with a paste made of flour and water ½ inch thick, then cover with a soft paper and secure well with strings; place in dripping pan with claret, butter and water, and baste very often; half an hour before taking it up remove paste and paper, baste it with butter and dredge with flour to make it brown. For Sauce—Take a pound and a half of scraps of venison, with 3 pints of water, and salt and cayenne pepper to taste; boil down to a pint, skim off the fat and strain; add ½ pint of currant jelly, 1 pint claret, and ¼ pound butter, divided into bits and rolled in flour.—Mrs. Jas. Woodrow, Richmond Hill, Ont.

OXFORD SAUSAGE.—1 pound pork, using fat and lean alike, but without gristle or skin, 1 pound

lean veal, 1 pound beef suet; chop all very fine together; mix with this ½ pound bread crumbs, 6 sage leaves, 1 teaspoon pepper and 2 of salt, thyme, marjoram and savory shred fine.—Mrs. Jas. Woodrow, Richmond Hill, Ont.

SAVORY RABBIT.—Take a rabbit and cut into small joints, place them in a saucepan with 2 ounces butter, some seasoning, ½ onion, and some parsley chopped very fine, and fry very slowly until cooked golden brown, then dust over 2 ounces of flour, add 1 pint of broth, a little grated nutmeg and mixed herbs; let simmer ¾ hour; pile the rabbit in a heap on hot platter, and pour sauce over; garnish with small pieces of bacon.—C. T. Ganong, "The Cedars," King's Co., N.B.

STEWED HARE OR RABBIT.—Skin and draw the hare, retaining only the heart, wash in cold water; separate the legs from the body (much like a chicken), cut the body into sections and put the whole into cold water to cover, over a slow fire; bring to a boil, skim off any scum that may gather and let boil slowly for 1½ hours, adding boiling water, if necessary, from time to time; then add 1 small onion, finely minced, and boil ½ hour longer; at the end of the 2 hours, lift the meat on to the platter, add boiling water to the liquor, to make 1½ pints gravy approximately; stir in thickening made with 1 tablespoon flour mixed with cold water to a thin paste; add salt and pepper to taste, and ¼ teaspoon allspice; let boil up well, pour over the meat and serve at once.—M. G. Laidman, Penticton, B.C.

LEFT-OVERS OF MEAT

CASSEROLE OF RICE AND MEAT.—2 cups chopped meat, 1 teaspoon salt, ¼ teaspoon pepper, ¼ teaspoon onion juice, 1 teaspoon chopped parsley, 1 egg (may be omitted, however), ¼ cup fine bread crumbs, 4 cups boiled rice, stock. Season the meat and mix with the crumbs and beaten egg; add enough stock to make it

pack easily. Line a buttered dish with 3 cups rice, fill with the meat, cover with the remainder of rice, cover tightly and steam 45 minutes. Serve with tomato sauce. 1 cup raw rice will give the 4 cups boiled rice. This dish is particularly good if mutton is used.—Gladys Harris, 109 Park St., Buffalo, N.Y.

CRUST FOR MEAT PIE.—Make a rich dough by sifting 1 level teaspoon of soda, 1 teaspoon salt in a pint of flour; rub into flour 1 tablespoon lard and wet with sour milk to a nice batter that will drop from the spoon. Have the meat prepared as for meat pie, only have it hot in dish when crust is ready. Take a piece of white paper, make a tube with paper, place in centre of meat dish and spread batter over top of pie. Bake ½ hour.—Mrs. F. J. Taylor, Mill Bridge, Ont.

BATTER FOR MEAT PIE.—1 egg, 6 tablespoons melted butter, 1 cup sweet milk, 2 cups flour with 3 teaspoons baking powder sifted into it, add salt.—Mrs. H. A. Van Dusen, Tara, Ont.

RULES FOR PIE MEAT.—3 pints chopped meat, 6 pints chopped apple, ½ pint boiled cider, 1 pint molasses, 2 pints brown sugar, 2 tablespoons cloves, 3 tablespoons cinnamon, 1 tablespoon nutmeg, 3 tablespoons salt; currants, raisins, citron to suit, wine or brandy if wanted. Cook slowly.—S. Morton, New Germany, Lun. Co., N.S.

MEAT PIE.—Take left-over meat and place in baking dish, add salt and pepper and dredge with flour. Pour over this meat gravy and heat. While this is heating, make a rich biscuit dough by sifting 1 heaping teaspoon baking powder and 1 saltspoon salt into 1 pint flour, rub in 1 tablespoon lard and wet with 1 scant ½ cup milk; drop this by the spoonful on the hot meat from the oven and spread to cover the pie. Bake ½ hour. By not rolling out dough you have a crust that will melt in the mouth.—Miss Minnie Snyder, Blair, Ont.

COTTAGE PIE.—Nearly fill a baking dish with sliced or chopped meat and gravy, or a sauce; cover with

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mashed potatoes and place in an oven long enough to heat thoroughly.—GLADYS HARRIS, 109 Park Street, Buffalo, N.Y.

POT PIE DUMPLING.—1 cup sweet milk, 1 egg, ½ teaspoon soda, 1 teaspoon cream tartar; stir in enough flour to make stiff enough to drop from a fork. Drop in with meat and gravy, boiling hot; let boil slowly 20 minutes. Good for chicken or peas.—MRS. R. L. PERRY, Linton P.O., Ont.

2.—2 cups flour, 1 egg, 2 teaspoons baking powder, 3 teaspoons butter, a little salt, moisten with milk or water. Boil briskly for 20 minutes without moving lid.—MRS. H. A. VAN DUSEN, Tara, Ont.

POT PIE.—2 cups flour, 2 heaping teaspoons baking powder, butter size of small egg, a little salt; mix flour, baking powder and salt together; rub in butter as for pie crust, and wet with sweet milk as thick as can be stirred; drop in pot in small spoonfuls. This will not fall. Can be warmed next day and be as light as ever. —MRS. RICHARD SMITH, Sydenham, Ont.

BAKED HASH.—1 cup chopped meat (fresh), 2 cups chopped cold potatoes, 2 cups bread crumbs, 1 small onion or little sage, season with pepper and salt, pour over 1 cup sweet milk, cover and bake slowly 1 hour.—MRS. J. E. WILSON, Delhi, Ont.

2.—Chop cold meat and potatoes, twice as much potatoes as meat; dip two slices of bread in cold water or milk, add salt and pepper with a little sliced onion, and butter size of an egg. Put in baking pan and cover tightly when cooking. Bake ½ hour and turn out in a cake on a hot dish.—MRS. JAMES MCLEAN, Box 412, Richmond Hill, Ont.

BAKED STEW.—With any left-over meat. Cut meat in pieces, lay in baking dish, slice an onion, add a sprinkling of sage, pepper and salt to taste; fill dish to top with sliced raw potatoes, add gravy or water and bake in hot oven 1½ hours.—MRS. JESSIE STRAWSON, Vittoria, Ont.

MEAT BALLS FROM LEFT-OVER MEATS.—Chop cold meat of any kind with the same bulk of cooked potatoes, add a little onion if liked; then take dry bread, moisten with hot water, use enough bread to make the meat and potatoes adhere, fry in cakes in butter or drippings.—Mrs. O. C. Buchner, Courtland, Ont.

MEAT BALLS.—Take sufficient cold meat for a meal, bone and chop it fine, season with salt and pepper, also allspice and nutmeg if liked; soak about ⅓ as much bread in cold milk, press out and mix with the meat; allow one egg to every three persons, and a lump of butter as large as a walnut; mix thoroughly, roll into balls and fry in hot fat.—Mrs. P. T. Coffey, Whitby, Ont.

2.—Take 5 or 6 boiled potatoes and some cold meat and put through a mincer; thoroughly mix potatoes and meat, then add 1 egg, 1 small onion, pepper and salt. Form into balls and cook in a good hot oven.—Miss Lydia Jones, Oxford Mills, Ont.

BOYS' DELIGHT.—Use any chopped cold roast meat, place in a granite pan and cover with stewed or canned tomatoes and a little of the roast gravy or stock; cover with mashed potatoes and rolled biscuit and dot with butter. Bake ¾ of an hour in oven. A splendid supper dish.—Mrs. W. E. Gordon, Dobbinton, Ont.

CECILS.—1 cup cold cooked meat chopped fine, 1 egg yolk, ½ teaspoon butter, 1 tablespoon bread crumbs, a few drops onion juice, ½ teaspoon salt, ½ teaspoon pepper, 1 cup stock soup; stir all together over fire until warm, then cool, form in ball, roll in crumbs, then egg, and fry in hot lard; serve with bechamel sauce; any sort of meat may be used for this; the stock is to moisten the mixture, but water or milk may be substituted. Bechamel Sauce: Melt 1 tablespoon butter, 1 tablespoon flour, pour on 1 cup hot water, ½ cup cream, beaten yoke of 1 egg, ½ teaspoon salt, and ½ teaspoon pepper.—Mrs. Roy Miller, Box 198, Thamesville, Ont.

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MEAT CROQUETTES.—2 cups meat chopped fine, 1 small onion, pepper and salt to taste; mix to a good paste with white sauce; take tablespoon, roll in beaten egg, then roll in cracker crumbs and fry in hot fat.—Mrs. R. D. Nodwell, Homestead Farm, Hillsburg, Ont.

2.—Chop up left-over boiled or roasted beef or pork, use 3 eggs, 1 cup stale bread crumbs, salt and pepper to taste, and fry till light brown.—Mrs. J. Lareck, Mildmay, Ont.

3.—1 cup cold chopped lean meat of any kind, 1 cup bread crumbs, 2 cups cold mashed potatoes, 1 small onion, pepper and salt to suit taste, 2 eggs well beaten; mix well together and make in cakes; fry in a little butter until well browned, then turn until the other side is brown. These are nice for supper.—Mrs. Jas. Kayes, Whitevale, Ont.

RICE AND MEAT CROQUETTES.—1 cup boiled rice, 1 cup finely chopped left-over meat (beef), 1 teaspoon salt, 2 tablespoons butter, ½ cup milk, 1 egg; put milk on to boil, add meat, rice and seasoning; when boiling add beaten egg.—Mrs. A. MacQuarry, Shrigley, Ont.

FORCEMEAT BALL.—1 cup cooked meat, 1 teaspoon lemon juice, ¼ teaspoon salt, 1 teaspoon chopped parsley, ¼ teaspoon thyme, ⅛ teaspoon onion juice, pepper, yolk of 1 egg; mix in order given, adding enough egg to moisten meat; form in balls size of a marble; roll in flour and brown in hot fat.—Mrs. M. A. Dutcher, Vegreville, Alta.

HASH.—Take any kind of left-over meat and mince fine, add a large onion, then add as many cold potatoes as the meat and onions together, add salt and pepper to taste, and fry in either butter or dripping.—Mrs. J. F. Thompson, Orillia, Ont.

IMITATION GOOSE.—This is a very savory dish made from the remains of cold meat. Make a good quantity of sage and onion dressing, grease a pie dish,

and place alternate layers of dressing and small pieces of meat till the dish is full, having dressing for the top layer; have ready enough gravy thickened and flavored to taste, to moisten the whole. Bake about 1 hour.—Mrs. R. J. Ego, Jarratt, Ont.

IRISH STEW.—About 1½ pounds of stewing meat, 1 onion, 1 carrot, 1 turnip, 3 medium-sized potatoes, season with salt and pepper; cut up meat in small pieces, put on to boil with carrots and turnips, cut in small squares when nearly done, put in your potatoes; a little parsley will give it a nice flavor.—Mrs. E. McIlraith, Oxford Mills, Ont.

DUMPLINGS FOR STEW.—Mix and sift 1 pint flour, 2 teaspoons baking powder, ½ teaspoon salt; mix to a soft dough with milk, turn on board, roll out 1 inch thick, cut in small circles, roll each in flour and drop in simmering stew, cover and cook 20 minutes.—Mrs. Wm. Jebb, Camborne, Ont.

MEAT LOAF (served hot).—2 cups finely chopped meat (cold), 1 cup bread crumbs, 2 eggs, 1 small onion (chopped). Method: Salt and pepper, mix thoroughly and place in well-buttered basin, cover with buttered paper and set in a large basin of hot water; bake 1 hour; turn on a hot platter and serve with gravy.—Mabel N. Dance, King's Mills, Ont.

FRIED MINCED MEAT.—Mince fine any pieces of cold meat, add bread crumbs, enough for meal, and 1 well-beaten egg; press together, and fry in slices in hot fat.—Mrs. Tillman Myers, Zephyr, Ont.

MINCE MEAT ON TOAST.—2 cups minced meat, 2 teaspoons butter, 2 teaspoons flour, 2 cups stock or milk, ½ teaspoon salt, pepper, ¼ teaspoon Worcestershire or onion juice, 6 slices toast; make a white or brown sauce, reheat meat in it, and serve on toast, garnish with parsley.—Gladys Harris, 109 Park St., Buffalo, N.Y.

RICE WITH MEAT.—Boil 1 cup rice until tender in salted water, line a mould half an inch deep, chop fine

any kind of cold tender meat, season to taste, add 1 beaten egg, 2 tablespoons cracker crumbs, moisten with hot water or stock, pack in the mould or cover with rice; steam 45 minutes; turn out on platter, pour tomato sauce over. This is also good with potatoes in place of rice; have them cooked and mashed, and either baked or steamed.—Mrs. A. J. Thomson, Camrose, Alta.

MEAT PATTIES FROM LEFT-OVERS.—Put left-over meat, either pork or beef, through the meat chopper; to 1 quart of the minced meat add 1 slice bread (also minced), salt, pepper and onion to taste, 1 egg, a little sage or other herb if desired; mix all well together and form into small patties, or balls, and fry a golden brown. Fish balls may be made the same way. —Mrs. T. M. Hipwell, Price's Corner, Ont.

SCALLOPED MEAT.—2 cups meat, 3 teaspoons fat, 3 teaspoons flour, 1½ cups hot milk or stock, 1½ teaspoons salt, ⅛ teaspoon pepper, onion juice or parsley, 2 cups buttered crumbs; put ½ cup buttered crumbs in a baking dish, mix the meat in the sauce, and pour this into the dish; cover the top with the remainder of the crumbs and brown in a hot oven 20 minutes. Cold fish may be shredded and used in the same way. Add a few drops of lemon juice to the sauce for fish.—Gladys Harris, 109 Park St., Buffalo, N.Y.

2.—Take 1 cup cold meat chopped fine, ½ cup mashed potatoes, ½ teaspoon made mustard, and enough gravy or stock to moisten; put in buttered baking dish. Mix 1 cup mashed potatoes, 2 teaspoons butter, 1 cup milk, and one egg well beaten. Cover this over the top of the meat and bake in the oven until a nice brown.—Mrs. Charles Jefferson, North Sydney, C.B.

SPICED MEAT.—Three pounds of good steak or veal chopped, 3 eggs, ½ cup cracker crumbs, butter size of an egg, ½ nutmeg, pepper and salt to taste; add 3 tablespoons cream, stir together and bake in a loaf. Bake 1 hour.—Mrs. M. R. Hoover, Locust Hill, Ont.

MEAT SOUFFLE.—1½ cups milk, 1 tablespoon butter, 1½ tablespoons flour, little onion juice, ½ teaspoon salt and pepper each; stir in 1½ cups chopped meat (chicken, lamb, tongue or beef). While cooking, add beaten yolks of 2 eggs, cook 1 minute and set away to cool. When cool add beaten whites (stiff). Bake 20 minutes in buttered pudding dish.—H. M. MORTON, New Germany, N.S.

TOAD IN THE HOLE.—¾ pound beef, mutton or sausage, pepper and salt, butter, 1 egg, ¼ pound flour, ¼ pint milk. If beef or mutton is used, cut it into pieces about an inch square; if sausage is used, prick them and boil them 2 or 3 minutes and then remove the skin. Grease a pie dish, put the meat or sausage at the bottom, sprinkle seasoning over it. Make the batter as for pancakes, pour it over the meat and bake in hot oven for ¾ hour.—MRS. WM. PERTH, Thamesville, Ont.

WORCESTER STEW.—Cut scraps of meat into small pieces and fry a nice brown, in a buttered pan; fry an onion or two with it, season with pepper and salt and rub into it 1 tablespoon of flour and add 1 pint of water and 1 or 2 carrots sliced fine. Simmer 2 hours. —MRS. J. RICHARDSON, Appleby, Ont.

TO USE UP ODD LEFT-OVERS.—First cut all meat off the bones and chop fine; if fat put in frying-pan and let fry till brown; if not fat, add a little lump of butter, and when brown add a tablespoon flour, pepper and salt to taste; last, 1 small onion. Cook for a few minutes.—MRS. R. G. McEWAN, Northfield Sta., Ont.

2.—Take pieces of meat and put through grinder, then cook for a few minutes with just enough water to wet nicely; season well with salt and pepper, and press in bowl to slice when cold.—MRS. J. H. EVANS, Claremont, Ont.

3.—Take what is left from a roast, cut in small pieces, put in a stewpan and cover with plenty of water, season with salt and pepper, and stew from 20 to 30 minutes. Flavor with onion cut in small pieces, if

WHITE SWAN BAKING POWDER is pure and wholesome

desired. Toast a couple of slices of bread, cut in small squares, and put on platter, thicken the stew with flour, and pour over toast. Serve hot.—Mrs. Wm. Green, Fargo, Ont.

4.—Line sides of pudding dish with rich pie dough; cut meat in small pieces on bottom of dish, then a layer of thinly sliced raw potatoes, a little onion, salt and pepper; continue with a layer of meat and potatoes, end with meat and cover with a rich pie dough; put a little water or gravy on so it will not burn. Bake ¾ hour. Any left-over meat may be used in this.—Mrs. J. Lareck, Mildmay, Ont.

5.—Take 1 cup chopped meat, 1 cup mashed potatoes, 1 egg well beaten, a little seasoning. Make into patty cakes and fry.—Maggie E. Horne, Rugby, Ont.

6.—Put a small piece of butter in a frying pan, slice an onion in; when cooked add slices of meat cooked. Cover closely a few minutes, until meat is thoroughly heated, then if you have left over gravy, add it, seasoning to taste; if not add stewed tomatoes, let come to boil and serve hot.—Mrs. W. E. Knowles, New Lowell, Ont.

7.—Chop cold meat, a few cold potatoes, an onion and a little bread, season with salt and pepper; roll in balls, dip in well-beaten egg and biscuit crumbs and fry in butter.—Mrs. Geo. Marshall, Straffordville, Ont.

8.—1 cup cold meat (minced), ½ cup bread crumbs, 1 tablespoon butter, ½ tablespoon chopped parsley or sage, 1 very small onion chopped fine, pepper and salt to taste. Mix together, moisten with beaten eggs. Bake in hot oven 15 or 20 minutes. Serve with brown gravy or tomato sauce.—Mrs. R. D. Nodwell, Homestead Farm, Hillsburg, Ont.

9.—Save the scraps of leaf lard after rendering fat out, chop fine and they will be found almost equal to beef suet for puddings.—Mrs. Chas. Johnson, Box 306, Blenheim, Ont.

TRAVELLER'S SANDWICHES.—Chop sardines, ham and a few pickles finely together, season with mustard, pepper, catsup, Worcestershire sauce, salt, vinegar, etc., to taste; spread between nicely buttered bread.—Mrs. Jas. Woodrow, Richmond Hill, Ont.

EGGS

TEST FOR FRESH EGGS.—1. A dull, rough appearance to the shells. 2. No rattle in the shell. 3. When put in cold water should lie flat on the side. 4. Candling shows the egg transparent. 5. Whites should be clear, thick and clinging to the yolk. 6. The yolk should be light, round yellow ball.

PRESERVATION OF EGGS.—1. Keep out of the air. 2. Keep in cold storage. 3. May be kept in crates, small ends down. 4. May be wrapped in paper and placed in a basket small end down.

LIME PICKLE FOR EGGS.—1 pound of lime and 1 pint of salt to 4 gallons water. Heat together to form a solution and pour the clear liquid off.—Macdonald Institute, Guelph, Ont.

PACKING EGGS FOR WINTER USE.—Eggs will be needed for the home use and to sell during the cold winter months when hens are not laying. They can be packed in a manner which will keep them almost as fresh as when laid. Cover the bottom of a wooden box with barley which has been heated in the oven to thoroughly dry it, but not enough to cook or overheat it and destroy the life of the grain. Stand the eggs, small end down, in the barley, allowing none to touch each other; cover with barley and continue thus until box is filled. Cover well with barley, and put in a dry place. Do not place paper over or layers of paper between. A certain amount of air is needed to keep the eggs in a good condition, and the barley not only allows this to pass through, but avoids that glossy surface which packed eggs always have.—Mrs. Wm. Nichol, Elgin Mills, Ont.

BAKED EGGS.—Break 6 or 7 eggs into a buttered dish, taking care that each is whole, and does not en-

croach upon the others so much as to mix or disturb the yolks; sprinkle with pepper and salt, and put a bit of butter upon each. Put into an oven and bake until whites are set. Nice for breakfast served on toast or alone.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

CREAMED EGGS.—Boil 5 fresh eggs 15 or 20 minutes, dip in cold water just an instant and shell, cut lengthwise in 4 slices on a hot, shallow vegetable dish set in range closet to keep warm. Make a sauce as follows: 1 tablespoon butter, 1 onion chopped fine, cook in the butter, add 1 tablespoon flour, rub smooth, may be browned if desired; add 1 pint of sweet milk and ½ teaspoon salt, little pepper, cook till like gravy and pour over the eggs and serve hot. The same sauce poured over canned dried beef is excellent, and as we say, makes the beef go farther.—Miss Margaret Pettit, Freeman P.O., Ont.

CODDLED EGGS.—1 egg, ⅓ cup milk, 1 tablespoon butter, salt and pepper. Scald the milk, add egg slightly beaten. Cook over hot water, stirring constantly, then add seasoning and serve on hot toast. —Macdonald Institute.

DEVILLED EGGS.—6 eggs hard boiled, ⅓ cup finely chopped ham or chicken, 1 or 2 tablespoons butter, ¾ teaspoon mustard, cayenne, ¼ teaspoon salt (omit with ham), 1 teaspoon vinegar. Cut the eggs in half transversely, remove the yolk, press through strainer, add ham and seasonings, moistening the mustard in vinegar; mould into balls, fit into whites and serve on a thick bed parsley or lettuce.—Miss Reba Rothwell, "Albermarle Farm," Gilford, Ont.

DEVILLED EGGS.—Cut hard-boiled eggs in halves, remove yolks and mix to a soft paste with mayonnaise dressing. Replace in whites and serve on lettuce leaves.—Edith Carew.

EGGS IN THE NEST.—Beat to a froth the whites of 6 eggs, a little pepper and salt, pour into a buttered

baking tin, dip upon it 6 tablespoons nice cream, 1 only in a place; upon each spoonful of cream drop 1 of the yolks whole (being careful not to break them), place in moderately hot oven to cook, and serve hot as omelet.—Mrs. O. A. Wilson, Myrtle Station, Ont.

EGG OMELET.—6 eggs, whites and yolks beaten separately, ½ pint milk, 1 teaspoon cornstarch, 1 teaspoon baking powder, and a little salt; add the whites beaten to a stiff froth last, cook in a little butter.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

2.—Take 4 eggs, separate whites and yolks, beat whites to very stiff froth, beat yolks and 4 tablespoons milk with a sprinkle of salt and pepper; have ready a frying-pan with tablespoon butter in it; when hot, stir both mixtures together quickly, turn into pan; when a nice brown on bottom, turn ½ over on the other; let cook a minute longer, serve at once.—Mrs. Chas. Jefferson, North Sydney, C.B.

3.—1 tablespoon milk to every egg used, and 1 extra to the lot. For 3 people use 5 eggs, 6 tablespoons milk, beat eggs well, add milk, pinch salt and pepper; have pan hot, well greased with butter, and pour mixture in. After it begins to set, put in hot oven for few minutes, then loosen with knife and turn half over; to be eaten immediately.—Mrs. Leander Johnson, Williamsdale, N.S.

4.—1 cup sweet milk, 1 cup cracker crumbs, soak the crumbs in the milk, beat 3 eggs to a froth, stir eggs into crackers and add a little salt; turn all into the hot frying-pan that contains a little melted butter. When the omelet is browned on one side turn and brown the other.—Mrs. Alex. Doherty, Ellesmere, Ont.

POACHED EGGS.—Break as many eggs as desired, one at a time, and drop carefully into a spider filled with boiling water; when the whites of the eggs are well set, slip a spoon carefully under and take out, laying a small piece of butter on each egg, a slight dash of pepper, and serve immediately.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

When you entertain serve **Cowan's Perfection Cocoa**

2.—Poach eggs in milk instead of the usual way, thicken milk with flour to form a sauce and pour over eggs.—REAH F. KENDALL, Hawkstone, Ont.

EGGS ON TOAST.—Put as much milk in a saucepan as will just cover the number of eggs needed; when on the point of boiling, drop in the eggs and let cook about 5 minutes; take out and put each egg on a slice of freshly made toast, lightly buttered; thicken the milk with a little flour, add pepper and salt. Pour over toast and serve hot.—MISS N. GUNTER, Millbridge, Ont.

SCRAMBLED EGGS.—6 eggs, 2 tablespoons sweet milk, ½ teaspoon salt, ¼ teaspoon pepper, 2 tablespoons butter, beat the eggs, add the other ingredients, and mix thoroughly; melt the butter in a frying pan, pour in the mixture, stir constantly till cooked, and serve at once.—MRS. W. EDWARDS, Box 101, Cookshire, Que.

SCRAMBLED EGGS WITH POTATOES.—Take 2 cups cold mashed potatoes and 4 eggs, beat together until light, cook in hot buttered frying-pan, stirring constantly; season with pepper and salt before removing from fire.—MRS. ROBT. MCLELLAND, Chatsworth, Ont.

SCOTCH WOODCOCK.—To 3 tablespoons butter melted add 1½ tablespoons flour, cook till smooth and thick, then add 1 cup milk, ¼ teaspoon salt, pepper to suit taste, then add 4 hard-boiled eggs chopped fine; reheat and serve on toast or crackers. If after eggs are boiled hard they are put in cold water, they will not turn dark.—MRS. D. MCCLENNAN, Aylmer, Ont.

A NICE SUPPER DISH.—Take 6 eggs or more, break into a bowl, beat lightly and season with pepper, salt, chopped onion, and sage, add ½ teacup milk, and turn into a hot frying-pan in which you have heated a good tablespoon of butter, proceed as for scrambled eggs, only do not stir too much, as the larger the pieces of egg are, the nicer the dish will look. Take

a can of tomatoes and let it heat in a granite pan while your eggs are cooking, and season well with pepper and salt; turn the eggs out on a hot platter and pour the tomatoes over them. To be eaten hot.—Mrs. J. A. Killough, Riverside Farm, Pense, Sask.

A QUICKLY PREPARED SUPPER DISH.—Melt in the oven ¼ pound of cheese, a small piece of butter, with 1 tablespoon milk, and pepper to taste; while the cheese is melting, toast 2 slices of bread and poach two eggs; butter the toast; when in a thick cream, pour the melted cheese over it and place an egg on each slice. Serve very hot.—Miss C. E. Judge, Slate River Valley, Ont.

CHEESE, MACARONI AND RICE

CHEESE BALLS.—1½ cups grated cheese, 1 tablespoon flour, ¼ teaspoon salt, speck cayenne; fold in 3 egg whites beaten stiff, shape in small balls, roll in fine crumbs, fry, drain.—Mrs. Milton Savage, Elgin Mills, Ont.

CHEESE CAKES.—Take 2 cups of curd of sour milk, add to curd 1 cup of currants, 1 cup of sugar, ½ a nutmeg grated, cinnamon and cloves, ½ teaspoon each, 2 eggs well beaten, and 2 ounces of lemon peel; mix all together and line some patty pans with good paste and fill with the curd and bake in a slow oven.—Mrs. John Archer, Newbury, Ont.

COTTAGE CHEESE.—Take sour milk, cream and all, and scald with boiling water poured over it until the milk separates from the whey. Then strain off the water and let the milk drain in a cheesecloth bag for 10 hours. Remove and run through a grinder to make it fine and creamy, mix with sweet cream and season to taste. Celery salt gives a tasty flavor to cottage cheese.—Gladys Harris, 109 Park Street, Buffalo, N.Y.

CREAM CHEESE.—½ pound cheese, 1 dessertspoon butter, 2 teaspoons mustard, ½ cup good sweet cream; mix cheese, mustard, and butter together till smooth, then add cream.—Mrs. Geo. Geir, Grand Valley, Ont.

CHEESE CROQUETTES.—¾ cup thick white sauce, 2 yolks, 1½ cups cheese, salt, cayenne; make the sauce, add yolks and cheese; when fairly beaten, add seasoning, spread in shallow saucepan, cool, cut in shapes, roll in crumbs, fry.—Mrs. Milton Savage, Elgin Mills, Ont.

2.—3 egg whites, 1 cup grated cheese, ¼ teaspoon mustard, speck of cayenne; beat whites very stiff, add cheese and seasonings; let stand in cool place until stiff enough to mould; make into balls, fry in deep fat. —Mrs. Milton Savage, Elgin Mills, Ont.

CHEESE CUSTARD.—½ teaspoon salt, ¼ teaspoon mustard, 1 egg, ⅔ cup milk, ⅔ cup grated stale cheese; put the seasonings and the eggs into a saucepan and beat thoroughly, add the milk and stir in the cheese. Put over the fire and stir constantly until it begins to thicken and coat the spoon; take at once from the fire, and pour over soda biscuits, strips of buttered toast, or shredded wheat biscuits arranged on a hot platter. Variations: The mixture may be enriched by adding 1 teaspoon butter. 2. If a large quantity is made flour may be substituted for some of the eggs, using 2 teaspoons for each egg omitted. In this case the milk should be thickened with the flour, the cheese and seasonings stirred in and the beaten egg stirred in just before taking from the fire.—Macdonald Institute, Guelph, Ont.

CHEESE FONDU.—1 cup cracker crumbs, 1 cup milk, 1 cup chopped cheese, 3 eggs, add whites well beaten last, bake 15 minutes.—Mrs. Robt. McQuaig, Blairton, Ont.

CHEESE FOURDEUE.—1 cup stale crumbs, soak 6 hours in 1 cup milk, 1 tablespoon butter, ½ pound grated cheese, ¼ teaspoon salt, speck of cayenne pepper, and 1 yolk of egg. Cook over hot water; melt butter, add soaked crumbs mixed with egg, then seasonings and cheese. Stir constantly; when smooth and hot serve on toast.—Mrs. Milton Savage, Elgin Mills, Ont.

McLAREN CHEESE.—1 pound cheese, 6 tablespoons cream, 1 teaspoon mustard, butter size of egg, grind cheese, soften butter, and blend all together.—Mrs. F. A. Reesor, Locust Hill, York Co., Ont.

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2.—1 pound fresh cheese grated, 1 cup hot water, 1 tablespoon whiskey, 1 tablespoon mustard, stir very briskly and keep bottled. To be used for lunches, etc. —Mrs. M. F. Hall, Teeterville, Ont.

NOODLES WITH CHEESE.—1 cup noodles, boiling water, salt; cook in boiling salted water 20 minutes or until soft, drain, reserving 1 cup stock and serve with sauce. Sauce: 2 tablespoons butter, 2 tablespoons flour, 1½ teaspoons salt, ⅛ teaspoon pepper, 1 cup hot milk, ¼ cup grated cheese, 1 cup noodle stock.—Gladys Harris, 109 Park Street, Buffalo, N.Y.

CHEESE SAUCE.—1 cup milk, 2 tablespoons butter, 2 tablespoons flour, ⅛ teaspoon mustard, ½ teaspoon salt, a little pepper, ¼ cup grated cheese; put the butter, flour, mustard, salt and pepper into a saucepan, stir over the fire until it froths, add the milk and stir constantly until it thickens and boils. Stand over hot water, or on a cooler part of the stove, add the cheese and stir until it is well mixed in. This may be used to pour over cooked macaroni or cauliflower, or as the foundation of a dish of baked macaroni and cheese. If the cheese is too new, the sauce will not be well flavored. This may be converted into a cheese soup by adding one cup more milk and seasoning to taste.—Macdonald Institute, Guelph, Ont.

CHEESE SCALLOP.—Soak 1 cup dry bread crumbs in fresh milk, beat into this 3 eggs, add 1 tablespoon butter and ½ pound grated cheese; strew upon the top sifted bread crumbs, and bake in the oven a delicate brown. An excellent relish when eaten with thin slices of bread and butter.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

ENGLISH MONKEY.—1 cup milk, 1 egg, 1 tablespoon butter, 1 cup bread crumbs, soft, ¾ cup cheese; melt butter, add cheese, stir until melted, add crumbs soaked in the milk, add egg lightly beaten; cook until thickened considerable.—Mrs. Milton Savage, Elgin Mills, Ont.

HOT SUPPER DISH.—Line a baking dish with buttered bread, whip 2 eggs, 1 cup grated cheese, 1 cup sweet milk; pour over bread and bake in a very hot oven. —Mrs. Bedford Savage, Oakville P.O., Ont.

CHEESE STRAWS.—1 cup grated cheese, 1 cup flour, ½ teaspoon salt, 2 tablespoons butter, pinch cayenne pepper; mix thoroughly the cheese, flour, salt, pepper and butter; add enough cold water so that the paste can be rolled out thin, cut in stripes seven inches long and ½ inch wide; bake in a quick oven.—Mrs. Ed. Atkinson, Box 352, Whitby, Ont.

2.—Sift into a bowl 1 cup flour, 1 saltspoon each of salt, paprika and baking powder, add 1 cup grated cheese. Mix thoroughly, then add a ¼ cup of butter and chop the ingredients together until of the consistency of meal. Mix to a paste with ice-water (use as little as possible), turn on to the pastry board and roll into a sheet about a quarter of an inch thick. Cut with a sharp knife into narrow strips about six inches long. Bake to a pale yellow, and arrange cob-house fashion on a doiley-covered plate.—Mrs. Emerson Harris, Verschoyle, Ont.

CHEESE SOUFFLE.—3 tablespoons butter, 3 tablespoons flour, 3 eggs beaten separately, 1 cup milk, 1 cup grated cheese, ½ teaspoon salt, pinch of cayenne pepper. Steam ½ hour. Very good for supper instead of meat.—Mrs. Bedford Savage, Oakville, Ont.

2.—Mix together in a saucepan 1 ounce melted butter, 1 tablespoon flour; when quite smooth, add 1 teaspoon salt and a pinch pepper and 1 cup milk; cook and stir this till thick as good cream. Remove from stove and beat in ½ cup grated cheese and yolks of 2 eggs; then, lastly, beat in lightly the stiffly beaten whites of the eggs; pour the mixture into a buttered pudding dish and bake in a very hot oven for about 25 minutes. Serve as soon as taken from oven.—Mrs. Jas. A. Lennox, Thornton, Ont.

3.—1 cup milk, 2 tablespoons butter, 4 tablespoons flour, 1 16 teaspoon mustard, ½ teaspoon salt, cayenne

Cowan's Perfection Cocoa is a health-giver

pepper, ½ pound cheese cut fine, 4 eggs. Make white sauce, add yolks, then cheese. Fold in beaten whites, cover in blazer and let stand 25 minutes over hot water without lifting the lid.—Mrs. Milton Savage, Elgin Mills, Ont.

4.—¼ cup butter, ¼ cup flour, ¾ cup grated cheese, 4 eggs, 1 cup milk, 1 teaspoon salt, ¼ teaspoon mustard, a little pepper. Melt the butter, add the flour and stir over the fire until frothy; add the milk and stir constantly until it thickens and boils; stir in the seasonings and cheese; stir in the beaten egg-yolks and take from the fire at once. Stand the saucepan aside and let the mixture cool. Beat the egg-whites stiff, add a little to the cheese mixture and stir it in; add remainder, fold it in lightly but thoroughly, turn the whole into a buttered baking dish and bake in a moderate oven. The time required for baking depends upon the oven and the depth of the mixture in the dish. It usually takes about an hour. If the oven is in the least too hot stand the baking dish in a pan of boiling water while baking. Variations.—1. This may be converted into a sweet souffle by omitting the cheese and seasonings, and using ½ cup sugar and any desired flavoring instead. 2. This may be converted into a meat souffle by using chopped ham or tongue or finnan haddie, instead of the cheese. 3. Half of the flour may be omitted, using ⅓ cup bread crumbs instead.—Macdonald Institute, Guelph, Ont.

BOILED MACARONI.—¾ cup macaroni broken in inch pieces, boil 20 minutes, 2 quarts boiling water, 1 tablespoon salt. Boil 20 minutes, or until soft; rinse with cold water.—Mrs. Milton Savage, Elgin Mills, Ont.

MACARONI AND CHEESE.—1 cup macaroni, 1 cup grated cheese, ½ cup dry bread crumbs, 2 cups cream sauce. Put 6 cups water and 1½ teaspoons salt on to boil; break macaroni into inch pieces, and when water boils hard, drop in macaroni; keep boiling hard till macaroni is tender. Grate cheese; make white sauce

and when macaroni is tender, drain through a colander and put into a baking dish. Put cheese and sauce with the macaroni, cover with crumbs and bake for about 15 minutes.—Miss M. K. McDonald, Guelph, Ont.

2.—Put into a saucepan about ½ pound of macaroni broken an inch in length, with water sufficient to boil tender, add a little salt; when done, drain and put into a well-buttered dish in layers, with grated cheese sprinkled very liberally over each layer, using pepper, salt and butter; when the dish is full pour over one cup sweet cream. Bake in a moderate oven about 25 minutes, and serve hot.—Mrs. A. Ego, Markdale, Ont.

3.—¼ pound macaroni broken in small pieces and cooked about 20 minutes in a quart of salt water, turn into colander and pour cold water over it, let drain; put layer of cheese (broken in small pieces) in bottom of baking dish, then a layer of macaroni; repeat until dish is full, covering the top with rolled bread or cracker crumbs and little pieces of butter; pour over the whole enough milk, heated (about 1½ cups), to moisten. Bake until brown.—Mrs. E. R. Goodeve, Mono Mills, Ont.

4.—Break macaroni into inch lengths and cook in boiling salted water (1 teaspoon to 1 quart) 20 minutes. Drain and cover with cold water and drain again. Put a layer in bottom of pudding dish, then a layer of grated cheese, to which has been added a pinch of cayenne, then more macaroni and cheese until all is used. Moisten with white sauce or a beaten egg added to ½ cup of milk. Turn ⅓ cup of melted butter over 1 cup cracker crumbs and stir with a fork until each crumb is coated and put over the last layer of cheese. Bake to a golden brown.—Miss J. Sills, Gretna, Ont.

5.—Break in small pieces 1 cup macaroni, add sufficient boiling water to keep from sticking, add a little salt, boil ½ hour. When cooked, take cheese, cut in thin squares, fill a baking dish with alternate layers of macaroni and cheese and a small piece of butter; when the dish is filled, add enough sweet milk to cover; take a thin slice of bread and cover over. Bake 1 hour; when

WHITE SWAN SPICES guaranteed under Government warranty

cooked, remove. Can be eaten hot or cold.—Mrs. Archie Brownlee, Woodbridge, Ont.

MACARONI CHEESE PATTIES.—Boil 1 ounce of macaroni in quickly boiling water until tender, drain and cut into small pieces, put it into a pan and mix with it 1 tablespoon cream, 1 tablespoon grated cheese and a little salt and pepper; take patty pans and line them with pie crust and fill with macaroni mixture; sprinkle with bread crumbs and little grated cheese, and bake until lightly browned.—Mrs. M. R. Werner, Selkirk, Ont.

CREAMED MACARONI ON TOAST.—1 cup thin white sauce, 1 cup boiled macaroni, ½ cup grated cheese, 6 slices toast (buttered), add macaroni to sauce, cook for some minutes. Pour over toast, place on baking pan, dust with cheese, set on top shelf of oven for some time.—Mrs. Milton Savage, Elgin Mills, Ont.

MACARONI CROQUETTES.—2 tablespoons butter, 4 tablespoons flour, 1 cup milk, 1 yolk of egg, 2 cups chopped cooked macaroni, 2 tablespoons cheese, pepper and salt to taste. Prepare a white sauce, add other materials, mix thoroughly, cool, make into croquettes; roll in egg and crumbs; fry. Serve with tomato sauce. —Mrs. Milton Savage, Elgin Mills, Ont.

MACARONI A LA ITALIAN.—¼ pound macaroni, 2 tablespoons butter, 2 tablespoons flour, 3 cups cooked macaroni, ⅛ teaspoon salt, ¼ teaspoon pepper, ½ cup stock, ½ cup tomato pulp, ¼-½ cup grated cheese; make a sauce of flour, butter, tomato and stock; add macaroni cooked until tender, add cheese.—Mrs. Milton Savage, Elgin Mills, Ont.

MACARONI LOAF.—½ pound macaroni, 2 cups white sauce, 1 egg and 1 pound dried beef; boil macaroni until tender, drain, tear beef into small pieces, add egg to sauce. Put in layers in buttered mould, cover and steam 2 hours. Turn out and serve with tomato sauce.—Toronto Technical College.

MACARONI RAREBIT.—2 cups boiled macaroni, 1 cup grated cheese, 2 tablespoons butter, ½ teaspoon salt, 3 eggs, mustard, paprika, ½ cup cream; melt butter, add cheese and seasoning; cook over hot water. When melted add macaroni, beaten egg and diluted with the cream; cook until slightly thickened; serve on toast.—Mrs. Milton Savage, Elgin Mills, Ont.

MACARONI AND TOMATOES.—¼ package macaroni (don't wash it), put in salt boiling water and boil for ½ hour; when boiled, drain and pour cold water over it and drain again, then add ½ can tomatoes, and season with salt and pepper and butter; boil all together and remove from stove and add 1 teacup of grated cheese.—Mrs. O. McMichael, Waterford, Ont.

STEAMED RICE.—1 cup rice, salt, ¾ cup stock, ½ can tomatoes, 1 spoonful thyme.—Mrs. Milton Savage, Elgin Mills, Ont.

TURKISH PREAF.—½ cup rice, 1 tablespoon butter, 1 cup boiling water, 1¾ cups stewed tomatoes, salt, pepper; wash and drain rice, cook in butter until brown, add water and steam until absorbed, add tomatoes, cook until soft, season.

PREAF II.—1 cup brown stock, 3 tablespoons butter, seasonings, ½ cup rice (washed), ¾ cup tomatoes, sliced and strained; add tomato to stock, heat to boiling point, add rice and steam until soft; stir in butter and seasoning.—Mrs. Milton Savage, Elgin Mills, Ont.

RICE CAKES.—1 teacup soft boiled rice, the yolk of 1 egg, a pinch salt, 2 tablespoons sifted flour, beaten well together; add sweet milk until it is about the consistency of sponge cake, or thick cream, and just before baking stir in lightly the beaten white of an egg. The less flour used the better for invalids.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

RICE CROQUETTES.—2 tablespoons cooked rice, 1 egg, 2 tablespoons butter, ½ teaspoon salt, ⅛ teaspoon

Cowan's Cake Icings will save you time and trouble,

pepper, ½ teaspoon minced parsley, a few grains of cayenne. Form into balls and roll in beaten egg and cracker crumbs; fry in deep fat.—ETHEL RICE, Tillsonburg, Ont.

2.—½ cup rice, ⅓ cup scalded milk, ½ teaspoon salt, yolks 2 eggs, 1 tablespoon butter, grated rind 1½ lemons, 2 tablespoons powdered sugar; wash rice, cook until tender, drain, add water or milk, yolks of eggs and butter; cool, shape, roll in eggs and crumbs; fry; put cubes of jelly on each.—TORONTO TECHNICAL COLLEGE.

RICE WITH CHEESE.—Boil the quantity of rice desired and put into a baking dish a layer of rice and a layer of grated cheese alternately, adding milk as preparing for macaroni or spaghetti, and you will have a dish equally as good, if not better, than either of the above. Season with celery salt (table salt may be used).—MRS. E. G. HARRIS, 109 Park St., Buffalo, N.Y.

RICE RELISH.—1 large cup rice washed in cold water, then add 1 quart boiling water, 1 teaspoon salt, boil quickly until tender and water is all boiled away, mince 1 cup cold meat, any kind; season with pepper and salt, 2 tablespoons catsup, place in granite dish, spread over the boiled rice, on top place a few lumps of butter and some bread crumbs, bake 20 or 30 minutes. Very nice for tea.—MRS. ELI A. WILLSON, Greenwood, Ont.

RICE WITH TOMATOES.—½ cup rice, ¾ cup stock, ½ can tomatoes, 1 sprig parsley, 1 sprig thyme, 2 cloves, ¼ teaspoon pepper-corn, 1 teaspoon sugar, 1 egg, ¼ cup grated cheese, 1 tablespoon butter, wash rice, steam with stock until stock is boiled, add tomatoes which have been immersed 20 minutes, with seasoning and sugar, then rubbed through a sieve; add other materials, cool and shape.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

WELSH RAREBIT.—2 cups of German chopped cheese, ½ cup milk (sweet), yolks of 2 eggs, salt and

pepper, cayenne to taste. Toast carefully square slices of bread with crust removed; while hot, butter them, plunge into bowl of hot water, place in a heated dish and stand in the oven to keep warm while you make the rarebit; put the milk into a granite saucepan, stand it over a moderate fire; when boiling hot add the cheese, stir constantly until the cheese is melted, add salt and pepper and yolks of eggs, and pour over the toasted bread; if the rarebit is stringy and tough, it is the fault of the cheese not being rich enough to melt.—ETHEL HANNAH, Cayuga, Ont.

2.—1 tablespoon butter, 1 teaspoon cornstarch, 6 tablespoons grated cheese, ¼ teaspoon salt, ½ cup thin cream, ¼ teaspoon mustard, a few grains cayenne. Make a cream sauce with the starch, butter and cream, mixing in with the starch the mustard and cayenne before adding these to the butter; when the sauce is made, stir in the cheese, but do not cook any longer unless necessary to melt cheese; pour over the untoasted side of bread.—ETHEL RICE, Tillsonburg, Ont.

3.—Take stale bread, cut in slices, butter it, put in a baking pan butter side down and cut thin layers of cheese and lay on your slices of bread, put into the oven and bake until the cheese begins to spread; have your oven hot and serve at once, when removed from the oven.—MRS. W. H. JULL, Burford, Ont.

VEGETABLES

Vegetables, as they are ordinarily spoken of, may be classified as:—

1. Fresh:
   (a) Starchy, viz , potatoes, parsnips.
   (b) Non-starchy, as beets, carrots, cabbage, etc.
2. Dried:
   The ripened condition of some seeds, as peas, beans and chestnuts.

Fresh vegetables, although chiefly water (they contain over 80 per cent. water) are very valuable to the body on account of the large amount of mineral matter they contain, which goes to purify the blood and regulate the body. Besides this valuable mineral matter, the fibrous framework of the vegetable gives bulk to the food, which assists in eliminating the waste from the body, thus helping to keep the body in a healthy condition. Some of the fresh vegetables, such as potatoes, beets, carrots, etc., contain starch or sugar, which produce heat and energy in the body; but it is not for these substances that they are chiefly valuable as a food. The starch and sugar necessary for the body may often be more cheaply obtained from other sources, such as bread, cereals, etc. Therefore the chief value of the vegetable is in the mineral matter it contains.

Dried vegetables contain more nourishment than the fresh vegetables, for they contain all the mineral matter they had when fresh, and also a fair amount of building material and starch stored in them for the nourishment of the young plant. This building material goes to repair the daily wear and tear of the body, and the starch furnishes a certain amount of energy.

The Cooking of Vegetables

The great value of vegetables as a food makes it desirable to prepare and serve them in as digestible

and appetizing a condition as possible. There are four methods of cooking commonly applied to vegetables: Boiling, simmering, steaming and baking, and the nature of the vegetable determines the method of cooking. Steaming is an expensive method of cooking vegetables, as a stronger fire is necessary to create steam, yet for watery vegetables steaming is to be preferred, less water being absorbed by the vegetable in the cooking. Baking is suitable for only a few of the vegetables, for instance, potatoes and squash.

Strong-smelling vegetables, for example, cabbage, onions, cauliflowers, etc., should be simmered or cooked below boiling point and should be closely covered. There is a difference of opinion about this method of cooking strong-smelling vegetables, some authorities claiming that they should be boiled uncovered, but after experimenting with both methods, Macdonald Institute has decided that for the average household it is better to simmer them, closely covered. By this method less odor is carried through the house and there is little difference in the flavor.

To obtain good results in cooking fresh vegetables it is important that they should be crisp and firm. If not taken directly from the garden they should be crisped in cold water before cooking. Soak cabbage and cauliflower by inverting them in salted water to remove grubs or other insects which may be encased in them. When boiling or simmering vegetables they should be put on to cook in boiling, salted water, using two level teaspoons of salt to one quart of water, and having enough water to entirely cover the vegetables. In the case of potatoes better results are obtained by sprinkling the boiled potatoes with salt immediately after they are thoroughly drained. The salt tends to draw out the moisture, making them drier.

It is very important that vegetables should be cooked until tender, but overcooking breaks up and wastes the vegetables and, in some cases, develops undesirable flavors. As soon as the vegetables are tender, whether boiled or simmered, they should be thoroughly drained and seasoned. They may be served

WHITE SWAN YEAST CAKES expel disappointments

with butter or a sauce. A large amount of the mineral salts and other substances contained in the vegetable are dissolved out by the boiling or simmering, and, if cut in small pieces, more is dissolved out. Therefore the water drained from the vegetables should be used for sauces and soups. All measurements used in the following recipes are level:

VEGETABLE SAUCE.—1 cup vegetable water, 2 tablespoons butter, 2 tablespoons flour, ¼ teaspoon salt, sprinkle pepper. Melt butter, add flour and stir over the fire until frothy. Add vegetable water and stir constantly until it thickens and boils a minute. Pour over the vegetable, allowing 1 cup of sauce to 2 cups of vegetable pulp.

The water drained from vegetables may take the place of the water and some of the vegetables used in meat soups. The vegetable water saved at dinner time may be made into a nourishing soup for supper, by the addition of milk and any of the left-over vegetable, using the following proportions: 2 cups vegetable water, 2 cups milk, 1 cup cooked vegetable, 2 tablespoons butter, 4 tablespoons flour; salt and pepper. Mix the flour with ½ cup of the cold vegetable water or milk. Add this to the heated vegetable water and milk, stirring constantly until it thickens. Add the butter and vegetable finely divided. Season and simmer ten minutes.

This is one way of using left-over vegetables. Another way is to scallop the left-over vegetables, using the following method:

Make a cream sauce, using the same ingredients as for vegetable sauce, substituting milk for the vegetable water. To each cup of cooked vegetable use one cup of cream sauce. Place in alternate layers in a baking dish, having the top layer sauce. Sprinkle with crumbs that have been mixed with a small quantity of melted butter. Brown in the oven. The food value of the scallop may be increased by sprinkling grated cheese over each layer.

The fresh vegetables also include the salad greens or the green vegetables that are eaten raw; for example

lettuce, celery, cucumbers, watercress, radishes, etc. These may be used alone for salads or in combination with fresh meat or cooked vegetables. The salad greens should be thoroughly washed and put in cold water to become crisp. After they are crisp they may be folded loosely in a clean, damp towel or put into a covered granite pail and kept in a cool place until needed. In this way they may be prepared some time before using, and with a salad dressing prepared beforehand, a salad for supper can be prepared in a very short time. The oil or cooked dressings may be served with the salad. The dressing adds to the nourishment and flavor of the salad. French dressing is largely used for vegetable salads, but none of the dressings except the French dressing should be added to the salad until just before serving time.—If added too soon they tend to wilt the crisp vegetables and the dressing becomes watery.

The Cooking of Dried Vegetables.

The important point in cooking dried vegetables, ripe peas, beans and lentils, which are rich in muscle-making material, is not to cook them at too high a temperature. This tissue-building substance, or legumen, is similar to egg white or meat, and like these it is toughened by strong heat. To avoid this they should be cooked below boiling point or simmered. On account of the dense, tough texture of these vegetables and the small amount of water they contain, the time required for cooking may be shortened by soaking them over night. The soaking also improves the flavor by dissolving out a bitter substance from them. If they are soaked or cooked in hard water the lime has a tendency to harden the legumen, thus making them less digestible. Therefore, if only hard water is obtainable soften it by boiling and allowing it to cool before using or by the addition of baking soda, one-quarter teaspoon to one quart of water.

If the tough outer covering of beans is removed before serving it makes them more digestible.

The dried vegetables may be served as a vegetable to accompany meat, or they may be made into a soup,

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the latter being the more digestible way of serving them, for in the preparation the tough outer skin is removed and the pulp finely divided.

The preparation and cooking of vegetables may be summed up in the following general rules:

A. PREPARATION.

1. Unless fresh vegetables are taken right from the garden they should soak in cold water fifteen minutes to one hour before cooking.

2. Wash and pare, peel or scrape the vegetable and cut to a convenient size.

3. Dried vegetables should soak in cold water at least twelve hours before cooking.

B. COOKING.

1. All fresh vegetables should be put on to cook in boiling, salted water—one level teaspoon to a pint. Potatoes are made drier by sprinkling the salt on them immediately after they are drained.

2. Strong-smelling vegetables should cook at simmering point; the others may boil gently.

3. All dried vegetables should be put on to cook in cold, soft water, and simmered until tender.

4. All vegetables should be cooked until tender to the centre, but no longer.

5. Drain thoroughly as soon as tender.

6. The vegetable water, excepting from potatoes and dried vegetables, should be saved for soups and sauces, as it contains most of the valuable mineral matter of the vegetable.—MACDONALD INSTITUTE, Guelph, Ont.

CREAM SAUCE.—2 tablespoons butter, 1 cup milk, 2 tablespoons flour, ¼ teaspoon salt, a little pepper. Melt the butter and flour together and stir until they froth, add the milk and stir constantly until it thickens and boils, add the salt and pepper. If it must stand any time before serving, it should be closely covered and stirred occasionally to prevent a skin forming on the top. When a large quantity is made, ⅔ of the milk may be scalded and added after the first third is stirred in.

TOMATO SAUCE.—Make the same as cream sauce, using 1 cup strained tomatoes instead of the milk.—Macdonald Institute, Guelph, Ont.

2.—½ can tomatoes, 2 teaspoons sugar, bit of bay leaf, 8 peppercorns, ½ teaspoon salt, 4 teaspoons flour, 4 teaspoons butter, 1 cup stock. Cook first 5 ingredients together until tomatoes are soft, strain and add stock; melt butter, add flour, and when browned add liquid gradually.—Gladys Harris, 109 Park Street, Buffalo, N.Y.

WHITE SAUCE.—1 tablespoon butter, 1 tablespoon flour, 1 cup milk; boil all together, mixing the flour with a little of the cold milk.—Mrs. R. D. Nordwell, Homestead Farm, Hillsburg, Ont.

CANNED VEGETABLES.—8 cups of vegetables, peas, beans or corn, ½ cup salt, ½ cup sugar, 3 cups water; boil for 20 minutes, then fill jars and seal. On opening jar put on in cold water and let them come to a boil, and then drain it off.—Mary Wellman, Glasgow, Ont., via Stouffville.

ASPARAGUS ON TOAST.—Cut the tough, hard end from the asparagus, wash carefully, tie in bunches, set the bunches on end in a saucepan of boiling, salted water, having the tender ends above the water; cover and boil gently for ½ hour, drain, slightly moisten pieces of toast with a little of the water in which asparagus was cooked, spread with butter. Arrange these on a hot dish. Untie the bunches of asparagus and place them on the toast; put a little butter over the tender ends of the stalks and serve very hot.

Note.—The cooked asparagus may be served in a cream sauce, or a sauce made with some of the water in which it was cooked.—Macdonald Institute, Guelph, Ont.

BEANS.—To those who tire of baked beans, or whose stomachs cannot digest beans and pork, try the following: Boil 2 cups common beans until they crack, drain, add melted butter, pepper and salt; mash with

potato masher, put in your pudding pan or baker, add the liquid from a can of tomatoes, cover thickly with ground peanuts, then a layer of bread or cracker crumbs with dots of butter, bake in oven until brown. Good either hot or cold.—Mrs. Leander Johnson, Williamsdale, N.S.

BAKED BEANS.—1 quart beans (Lima or white beans), ½ pound salt pork, 2 tablespoons molasses, 1 cup boiling water, 1 tablespoon salt, 2 tablespoons sugar, ½ tablespoon mustard, ⅛ teaspoon pepper. Wash and soak beans over night; in the morning pour off the water and rinse well, cover with fresh water, bring to boiling point and simmer until skins will burst; this is best determined by taking a few in the hand and blowing on them; if skins burst, beans are cooked; drain beans and throw away the water, scald rind of pork, scrape and cut in two; half of it put in bottom of bean crock, the other half reserve for the top. Put beans in the crock and over them pour the seasoning mixed with 1 cup boiling water, add enough more boiling water to cover beans; bake in covered bean pot in a slow oven 6 or 8 hours, uncovering the pot the last hour that pork rind may become brown and crisp.—Mrs. Jos. A. Rennell, Milliken, Ont.

BEANS.—1 pint or more of beans, cover with water, heat and boil from 10 to 30 minutes, drain after this parboiling; now cover well with water, flavor with celery tops, parsley or onion, using one or all to suit taste, season with celery salt (table salt may be used). If desired for soup, boil till soft; if for baking, when the skins curl back they are ready for the oven. Use no meats or fats.—E. G. Harris, 109 Park St., Buffalo, N.Y.

BOSTON BAKED BEANS.—Pick over and wash 1 quart white beans, put on with 2 quarts boiling water and 1 teaspoon soda; cook until soft, adding water from time to time while cooking, then drain and add 1 cup cream, 2 cups sweet milk, ½ cup brown sugar, 2 tablespoons molasses, salt and pepper to taste; put

in a dripping pan and place on top of the beans a few slices of fresh pork; bake until a rich brown. Delicious.—Mrs. Wm. Snively, Boston, Ont.

2.—1 pound pork sliced, 1 tablespoon mustard, ½ cup sugar, pepper and salt; boil 1 quart beans until skins break open, place 2 or 3 slices of meat in bottom of bean pot, add a layer of beans, a little mustard, sugar, pepper and salt if pork is fresh; continue until bean pot is full, leaving a little pork for top; fill bean pot with water, bake all day in a moderate oven, adding water occasionally. Serve hot.—Mrs. C. Hardy, Aylmer, Ont.

MOCK BAKED BEANS.—5 cups beans washed and soaked over night, put into a crock, slice 3 nice sized onions and place on top of beans, add butter size of a walnut, heaping teaspoon salt, cover with water and add more from time to time as required to keep them covered. Place on top of the stove uncovered all day, and do not allow to boil. Serve as baked beans.—Mrs. Isaiah Duffy, Shenston, N.B.

TO CAN BEANS.—Fill jars with beans, cover with cold water, screw on the tops, then set jars in cold water, being careful to have something between them and heat slowly till boiling, and boil ½ hour; set off, and let cool in the water, screw up tight and set in cellar; these are nice to pickle in winter, drain off water, and add vinegar, salt and pepper to taste.—Mrs. Isaiah Hoover, Box 218, Stouffville, Ont.

CREAMED LIMA BEANS.—1 cup dried Lima beans, ½ teaspoon salt, ¾ cup cream, ½ tablespoon butter, sprinkle pepper. Soak over night, drain and cook slowly in salted water until soft, drain, add cream, salt and pepper. Re-heat before serving. When cooked they may be popped from their skins before adding the cream.—Macdonald Institute, Guelph, Ont.

BEAN PIE.—Wash a pint of white beans and boil in soft water till tender, but not done; take any left-over meat scraps, mince fine, add salt, pepper to taste,

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a small cup of vinegar; put all in a bake dish and bake 1 hour; serve hot.—Mrs. Robt. Manary, Courtland, Ont.

PICKLED BEANS.—Boil 4 pints butter beans in salted water, drain, having a mixture of 3 pints vinegar, 1 pound brown sugar, boil together, add 1 dessertspoon celery seed, 1 dessertspoon tumeric powder, ¾ cup mustard, 1 cup flour, mix together with cold vinegar, add to boiling vinegar and sugar, boil all for 5 minutes, stirring constantly.—Mrs. Sadie Stewart, Glasgow, Ont.

BEAN PICKLES.—1 peck butter beans, take ends off, cook ½ hour in slightly salted water, drain. Dressing: 1 cup mustard, 1 cup flour, 2 tablespoons tumeric, mix with a little cold vinegar to a batter, then add 2½ pints boiling vinegar in which has been dissolved 2½ pounds sugar; mix all together, mix 5 minutes, then put in glass jars and seal. Pick nice yellow beans when tender.—Mrs. John Hunter, Elmvale, Ont.

PICKLED BEANS.—1 peck butter beans, cut small, wash and put on to boil in weak salt water, 3 pints cider vinegar, 3 pounds white sugar, boil together. Prepare 1 large cup of flour, 1 of mustard, 2 tablespoons celery seed, 2 teaspoons tumeric powder, mix to a paste with cold vinegar, stir into your boiling vinegar, and sugar, pour over cooked beans; bottle and seal.—Mrs. W. T. Welwood, Macville, Ont.

BEAN POLENTA.—Wash beans, cook 3 hours until soft and mealy; for every 2 quarts add 3 tablespoons molasses, 1 teaspoon salt, ½ teaspoon pepper, 1 teaspoon mustard, 1 tablespoon butter, 2 tablespoons vinegar; cook 10 minutes; stir good, do not scorch, should be dry and mealy. The above is nice mashed, mixed with egg and flour and fried.—Miss Lew Mowder, Stouffville, Ont.

BEETS.—Clean these nicely, but do not pare them, leaving on a short piece of its stalk; then put over to boil in hot water. Young beets will cook tender in an

hour, old beets require several hours boiling. When done, skin quickly while hot, slice thin into your vegetable dish, put on salt, pepper and a little butter; put over a little vinegar and serve hot or cold.—Mrs. Thos. Smith, Jamestown, Ont.

FRIED BEETS.—Wash without breaking the skin, boil tender, slice, and fry in butter, season and serve very hot.—Miss Myrtle Adamson, Kelso, Ont.

PICKLED BEETS.—Slice cold boiled beets, cover with vinegar and let stand for a few hours before serving.—Mrs. Milton Savage, Elgin Mills, Ont.

BEET RELISH.—1 quart chopped cabbage, 1 quart boiled beets, 2 cups brown sugar, 1 tablespoon salt, 1 teaspoon pepper, 1 cup grated horseradish, cover with cold vinegar, and keep from the air.—Mrs. Ben. Parker, Arkona, Ont.

BEET SALAD.—1 stalk celery to 6 beets, beets boiled, celery and beets both chopped fine. Dressing: 2 teaspoons mustard, 1 teaspoon salt, ½ cup vinegar, 1 tablespoon Worcester sauce, 3 eggs, ½ cup milk, a little butter, 1 teaspoon pepper.—Mrs. John McHunter, Craigvale, Ont.

2.—1 quart boiled beets, 1 pint celery, 1 pint cabbage, 1 cup horseradish, 2 cups brown sugar, 1 tablespoon salt, 1 teaspoon black pepper, ¼ teaspoon red pepper; cover with vinegar and keep from air.—Mrs. Robt. Cook, Apto, Ont.

3.—1 quart chopped cabbage, 1 quart boiled beets chopped, 2 cups sugar, 1 cup grated horseradish, 1 teaspoon black pepper, ¼ teaspoon red pepper, 1 tablespoon salt; cover with cold vinegar, put in a crock and cover. Will keep all winter.—Mrs. Fred. Bovaird, Domville, Ont.

SALAD DRESSING FOR BEETS.—1 cup vinegar, a pinch of salt, 1 dessertspoon sugar, 1 dessertspoon mustard, 1 egg; boil all together, have beet cooked and chopped; this makes a salad bowl full; let cool.—Maggie Ebbs, Pense, Sask.

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SUGARED BEETS.—Cut into slices 4 hot boiled beets. Add to these 3 tablespoons sugar, 1½ teaspoons salt, and reheat.—Mrs. Milton Savage, Elgin Mills, Ont.

BRUSSELS SPROUTS.—Pick over, remove wilted leaves, soak in cold water 15 minutes; cook in boiling water 20 minutes, add salt when partly cooked. Drain and add to white sauce.—Mrs. Milton Savage, Elgin Mills, Ont.

BAKED CABBAGE.—Boil a cabbage, then put in a colander, and drain it until perfectly dry; then chop fine, put in pepper and salt, and a little cream, and put in an earthen baking pan and into the oven. Bake 1 hour.—Helma E. Benjestorf, Fenwood, Sask.

CABBAGE, BOILED.—Take off outside leaves, cut in quarters, remove tough stalk, soak in cold salt water, cook in uncovered vessel in boiling water. Change water every 10 minutes; drain.—Mrs. Milton Savage, Elgin Mills, Ont.

CREAMED CABBAGE.—Boil cabbage in salted water until tender, drain and pour milk enough to almost cover, have flour and cold milk mixed and add just as milk and cabbage boils; cook five minutes, adding butter and nutmeg to taste. An excellent substitute for cauliflower.—Mrs. Richard Fleming, Kingston Mills, Ont.

CABBAGE WITH CREAM SAUCE.—Cut a cabbage into quarters, put into boiling salt water and cook 20 minutes, then remove the pieces and put into cold water till cool; when cold, chop fine and season with pepper and salt; take 2 tablespoons butter and mix with an even tablespoon flour, and make into a sauce by adding a pint of milk; put all together and let simmer half an hour, then serve.—Eliza Harris, Verschoyle, Ont.

COLD SLAW.—To a small cup vinegar add a well-beaten egg, 1 teaspoon mustard, 1 teaspoon sugar, a

small lump butter, season with pepper and salt; let come to a boil and pour over nicely chopped cabbage while hot.—Mrs. Ross Pollock, Keswick, Ont.

COOKING CABBAGE.—Cut a firm, medium cabbage in ½-inch strips, using a very sharp knife, or cabbage cutter is better; season with salt and pepper; put ½ tablespoon of butter or salt fat pork in a kettle; put in cabbage and cook 10 minutes, stirring constantly. Remove to back of stove to steam until done; break in an egg and beat well; add vinegar to taste and serve very hot.—Mrs. M. F. Hall, Teeterville, Ont.

DRESSED CABBAGE.—1 small teacup vinegar, 1 egg, 2 tablespoons sugar, 1 teaspoon salt, butter half the size of an egg, beat the egg before mixing with the other ingredients, which should be previously put over the fire, then put in the egg; stir until it boils; cool and pour over chopped or shaved cabbage.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

JELLIED CABBAGE.—Chop 1 head white cabbage, mix with juice of 1 lemon, ½ cup sugar, ½ cup vinegar and a little salt; dissolve 1 package gelatine in water, mix with cabbage, put in a mould when jellied and serve with any salad dressing.—Mrs. C. J. Brodie, Claremont, Ont.

CABBAGE OMELET.—Try this, all who like cabbage. Boil a small cabbage until tender, drain and let stand until quite cold, then chop fine, season with pepper and salt, add 1 tablespoon melted butter, 3 well-beaten eggs and ½ cup thin cream; melt a tablespoon butter in a frying-pan, turn in the mixture, stir until nicely browned, then turn out on a hot dish; garnish with parsley.—Mrs. A. M. Tisdale, Simcoe, Ont.

TO PICKLE RED CABBAGE.—Slice them into a sieve and sprinkle each layer with salt; let the whole drain 3 days, then add some sliced beet root, and place the whole in a jar, over which pour boiling vinegar. The purple red cabbage is the finest. Mace, bruised

ginger, whole pepper and cloves may be boiled in the vinegar and will make a great improvement.—VERA MITCHELL, Sandhill, Ont.

CABBAGE SALAD.—1 teaspoon mustard, 1 teaspoon salt, 1 egg, 2 tablespoons sugar, 7 tablespoons vinegar, 12 tablespoons cream, small piece of butter; take 1 spoonful vinegar and rub the mustard well so as not to leave any lumps, then add all together and cook; when it begins to thicken it is cooked. Let cool, chop your cabbage, and then mix.—MRS. H. O'CALLAGHAN, Kars, Ont.

2.—For 2 quarts cabbage chopped fine, 1 cup sugar, 1 cup vinegar, 2 eggs, 1 teaspoon salt, 1 teaspoon pepper, 1½ teaspoons mustard. Boil until thick as cream and pour over cabbage while hot; mix well.—MRS. WHITSON C. HOGG, Selton, Kent Co., Ont.

3.—1 quart boiled beets chopped fine, 2 quarts raw cabbage cut fine, 2 cups sugar, 1 cup ground horseradish, 1 tablespoon salt, 1 tablespoon black pepper, ¼ tablespoon red pepper; cover with cold vinegar and use.—MRS. A. FRASER, Spencerville, Ont.

4.—1 teaspoon mustard, 1 teaspoon salt, 2 eggs, 1 cup granulated sugar, 1½ cups sweet cream, 1 tablespoon cornstarch; cook in a double boiler and stir until thick; when cold, or when you want to use it, add ½ cup vinegar, and serve on chopped cabbage.—MRS. MARY MOULTON.

5.—1 egg (beaten), ½ cup vinegar, 1 tablespoon mustard, a piece of butter, salt and pepper, 1 egg boiled hard to garnish.—GLADYS TWEEDIE, Toledo, Ont.

Also sent by LIZZIE NICHOL, R.R. No. 1, Listowel, Ont.

6.—2 eggs well beaten, 6 tablespoons cream, ½ teaspoon salt, 6 teaspoons vinegar, and a small piece of butter. Put on the fire and cook, stirring constantly until quite thick, or cook in a double boiler; have a half head of cabbage chopped fine, sprinkle with salt; add to the dressing when cold 2 tablespoons cream and pour over the cabbage.—MRS. GEORGE REAL, Greenbank, Ont

7.—1 cup vinegar, 1 tablespoon butter, bring to a boil; 1 tablespoon mustard, 1 tablespoon brown sugar, 1 egg, ½ cup sweet milk; mix thoroughly, and stir these in with vinegar and butter until it boils. Chop ½ head of cabbage, season with pepper and salt, put it into the dressing and let it come to a boil.—Mrs. Aaron Campbell, Laskay, Ont.

8.—For 1½ quarts cabbage, 1 cup vinegar, 2 tablespoons flour, 1 tablespoon butter, 1 egg, 1½ teaspoons salt, ½ teaspoon black pepper, 3 teaspoons mustard, a pinch of cayenne; beat all together and stir while cooking; add 1 cup cream or rich milk and beat thoroughly.—Mabel Tinkess, Hallville, Ont.

Also sent by Mrs. Wm. Walker, Vanessa, Ont.

9.—Let ½ a cup of vinegar and a tablespoon of butter come to a boil; after thoroughly mixing a tablespoon of mustard, 1 of brown sugar, an egg and ½ a cup sweet milk; stir in slowly with the vinegar and keep stirring till it boils. Cut up fine half head of cabbage, season with pepper and salt, and put into the dressing; a little chopped onion could be added if wished.—Mrs. D. M. Campbell, Alvinston, Ont.

Also sent by Mrs. Elvin Stilwell, Eden, Ont., and Emma J. A. Thomas, Markham, Ont.

CABBAGE SALAD DRESSING.—¾ cup vinegar, 4 tablespoons sugar, 1 egg, 1 teaspoon salt, about 1 teaspoon mustard, about 1 teaspoon flour made fine with 2 tablespoons cream, add butter size of an egg. Stir until it boils.—Mrs. John Forsyth, Glasgow, Ont.

SALAD DRESSING FOR LETTUCE OR CABBAGE.—½ cup vinegar, ½ cup cold water, ½ cup white sugar, 1 teaspoon butter; put on the stove in a granite pan just to simmer; beat up 2 eggs; take in another dish, 1 teaspoon mustard, ½ teaspoon salt, ½ teaspoon black pepper, mix with a little cold vinegar, add this to the eggs and stir into the pan; stand over it and stir till it boils up, then let get cold and pour over your cabbage, having it chopped up fine.—Mrs. G. A. Scott, Rugby, Ont.

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SCALLOPED CABBAGE.—Boil a firm cabbage in two waters, drain and press and let it get perfectly cold, then mince fine; add 2 tablespoons melted butter, 2 eggs well beaten, 3 tablespoons cream or milk, pepper and salt to your taste. Put into a buttered bake dish, sift fine crumbs on top, and bake, covered, half an hour, then brown.—Mrs. S. Dawson, Orono, Ont.

CABBAGE SLAW.—Cut cabbage fine, put it on with just enough water to cook it; when done add a little cream, season with pepper and salt, then add two tablespoons vinegar; stir until vinegar is all through the cabbage.—Mrs. R. M. Shaw, Waterville, King's Co., N.S.

2.—Hot Slaw. Chop and cook in water with a little salt some cabbage; when done, drain, leaving a little water to prevent scorching, pour over the cabbage this dressing: the yolk of 1 egg, 1 teaspoon of sugar, salt and pepper, and ½ cup vinegar, well beaten together. —Mrs. Alex. James, Dunnville, Ont.

Do not throw away a single leaf of cabbage, even the outside green leaves may be scalded, the midribs removed and the leaves used for Egyptian rolls. Put a tablespoon chopped meat in each and roll it up; cook these in salted water and serve with a cream sauce or English drawn butter.—Mrs. Roy H. Miller, Box 198, Thamesville, Ont.

CARROTS, BOILED.—Wash, scrape, cut in cubes, cook in boiling salted water until tender, drain, serve with salt and pepper or white sauce.—Mrs. Milton Savage, Elgin Mills, Ont.

CREAMED CARROTS.—Put in your pot a little lard; when hot slice in 1 onion; put in carrots, salt and pepper, cover with water, let boil till tender. Add ½ cup sweet cream, mixed with a little flour. If too thick add a little hot water.—Mrs. E. Stoltz, Mannheim, Ont.

2.—Scrape carrots, cut into cubes or slice thinly lengthwise. Cook in boiling salted water forty minutes, drain and pour the sauce over carrots in a warm dish.

Butter Sauce.—2 medium teaspoons flour, 2 medium teaspoons butter, 1 cup water. Season to taste.—Mrs. D. Duncan, Don Post Office, Ont.

CARROT MARMALADE.—2 cups boiled, mashed or grated red carrots, salt to savor, 1 cup sugar, 1 lemon (juice and grated rind or sliced), 1 orange, and water if desired.—MRS. C. HARRISON, Myrtle Station, Ont.

CARROT PIE.—1 cup sugar, ¾ cup grated carrots, 1 cup water, 2 eggs, the whites whipped for top; a small piece of butter, 2 tablespoons cornstarch, flavored with vanilla. Boil same as lemon pie, adding pinch of salt. Can be put in pie shell—or light cake for bottom.—MISS HASTINGS, Cross Hill, Waterloo Co., Ont.

BAKED CELERY.—3 cups celery cut in 1-inch pieces, 1 cup stale bread crumbs (buttered), ¾ cup grated cheese, ½ cup milk, 1 tablespoon butter, 1 tablespoon flour, seasonings. Cook celery in boiling water until tender. Drain and save ½ the liquid. Make a sauce of butter, flour, milk, celery water and seasonings. Add cheese, stir until it melts, add celery. Arrange in alternate layers in a buttered baking dish with the crumbs. Bake until browned.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

CELERY CROQUETTES.—¾ cup chopped celery, 1 large potato, pare and boil potato and celery together until tender. Remove potato, mash, drain the celery, mix together 2 tablespoons chopped nuts, ½ tablespoons butter, salt and pepper. Cool, form into croquette shapes. Dip in egg and bread crumbs and fry.—MRS. MILTON SAVAGE. Elgin Mills, Ont.

CREAMED CELERY IN TOMATO CUPS.—Cut out circular pieces from stem end of large tomatoes, remove part of pulp, fill tomatoes with stewed celery, to which has been added 1 cup sweet cream, 1 tablespoon melted butter, season to taste. Cover the openings with browned bread crumbs, bake ½ hour in a moderate oven. Serve on rounds of hot buttered toast.—MRS. L. LAMOREAUX, Milton, Ont.

CELERY CHOWDER.—2 heads cabbage, ½ peck onions, ½ peck tomatoes (green), 3 heads celery, ½ ounce tumeric powder, ¼ pound mustard, 2 pounds

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sugar, 3 pints vinegar, 2 teaspoons cayenne pepper. Boil well together.—Mrs. Kirby Masterson, Power Glen, Ont.

CELERY SALAD.—3 bunches celery, chop fine, sprinkle over with salt and pepper, then beat 1 egg in a saucepan, add ½ cup vinegar, 2 tablespoons sugar, 2 tablespoons mustard, stir all together; when boiling put in celery, let boil five minutes, stir constantly, put in dish, garnished with celery tops and cut up a hard-boiled egg and lay over tops.—Mrs. Chas. A. Mason, Ellesmere, Ont.

2.—Cut celery in dice, pare 1 sweet apple, cut in dice, take a bunch of white Malaga grapes cut in two, take a dressing made of 2 eggs, ½ cup water, ½ cup vinegar, 2 tablespoons sugar, ½ tablespoon mustard, salt and a piece of butter, boil until thick, pour over the above. —Mrs. Archie Brownlee, Woodbridge, Ont.

CAULIFLOWER.—Remove leaves, cut the main stock close to the flower, lay it in boiling milk and water, slightly salted, with the stalk down. When done, take out carefully and drain in a colander; place in the vegetable dish and pour over it a rich drawn butter dressing.—Mrs. Joseph Woodrow, Richmond Hill, Ont.

CAULIFLOWER FRITTERS.—1 cup milk (sweet), 1 cup flour, 1 egg, 1 teaspoon baking powder (or sour milk and soda may be substituted), a little salt; mix into a batter and dip flowerets of cauliflower previously boiled tender in a little salted water, and fry in hot fat till brown.—Mrs. A. J. Campbell, Parkhill, Ont.

MUSTARD CAULIFLOWERS.—Cut large vegetables into small pieces and put into a jar; pour over them boiling salt water, let stand until cold, pour into a bag, drain all night, then pour boiling vinegar over them, let stand until cold; pour off vinegar, put on stove, add 1 tablespoon salt. To each quart of vinegar take ¼ pound mustard, 1 cup sugar, 2 tablespoons flour, and mix to a smooth paste in cold vinegar, pour into the boiling vinegar and cook five minutes; add 1

teaspoon tumeric; bottle before cold.—Mrs. Geo. J. Garnett, Lakewood P.O., St. John Co., N.B.

CORN CAKES.—1 dozen ears of corn grated and scraped, 3 eggs, 1 cup milk, 1 cup flour, 2 teaspoons salt, 1 teaspoon pepper, 1 teaspoon baking powder; cook same as griddle cakes.—Miss Mary McKees, Norwich, Ont.

CANNED CORN.—4 quarts corn, 1 cup white sugar, 1 cup salt (scant), cover with water, let boil 15 minutes, put in glass jars and seal.—Mrs. Lee Beaupre, Forestville, Ont.

2.—Mix together 10 cups of corn cut from the cob, 1 cup sugar, ½ cup salt, put in a kettle at the back of the stove until enough of the milk of the corn has exuded to cook it without adding water; cook for ½ hour, watching carefully that it does not scorch, then can and seal. When you wish to use the corn take the required amount and put in cold water for ½ hour, then turn off the salty water and prepare with milk and butter.—Mrs. Jas. E. Turnbull, Camilla, Ont.

3.—8 cups sweet corn scraped off cob, 3 cups water, ¾ cup salt, 1 cup granulated sugar, mix well, and let come to a boil, and boil for 20 minutes, then seal hot. The jars, new rubbers, tops and rings must be scalded before using. To prepare for table, put on in cold water and let come to a boil, drain off, put on fresh water again, and let come to a boil, drain off, fix with cream or milk, thicken with flour.—Mrs. Colin Noble, Uxbridge P.O., Ont.

4.—9 pints corn, 1 pint sugar, ½ pint salt, 1½ pints water; cook 20 minutes; seal in glass jars.—Mrs. Elgin Hyde, Bealton, Ont.

CANNING GREEN PEAS OR CORN.—6 cups green peas, 2 cups water, 1 cup sugar, ½ cup salt; put all in a kettle, boil 20 minutes; after they start to boil put in sealers boiling hot; this is an extra good recipe. I

never had any spoil.—Mrs. John Raymer, Sunnydale Corners, Ont.

2.—8 cups corn or peas, 1 cup white sugar, 2 cups water, ½ cup salt; boil 20 minutes, put in jars.—Mrs. Alex. Boyd, Markham, Ont.

CORN CHOWDER (a nice pickle).—1 dozen ears sweet corn, 1 cabbage head, 4 onions, 2 red peppers, 3 pints of vinegar, ¼ pound mustard, 2 teaspoons curry powder, 1 teaspoon tumeric, salt to taste. Remove corn from cob, chop together corn, cabbage, onions and peppers, add other ingredients, and boil until thick enough to bottle.—Mrs. Arthur Kelley, Vanessa, Ont.

2.—18 ears of sweet corn, 1 large head cabbage, 3 red-hot peppers, 2 red sweet peppers, 1 large quart vinegar, 4 small cups granulated sugar, 3 dessertspoons mustard, 2 dessertspoons tumeric, ½ cup salt, 7 large onions; put corn, cabbage, peppers and onions through the grinder; put in kettle and add vinegar, salt and sugar; mix your mustard and tumeric together dry and wet with a little cold vinegar; stir all together and let boil ½ hour, then bottle—Mrs. Wm. E. Anderson, Box 96, Port Dover, Ont.

3.—1 can corn, 4 cups potatoes cut in ¼-inch slices, 1½-inch cube fat salt pork or butter, 1 sliced onion, 4 cups scalded milk, 8 common crackers, 3 tablespoons butter, salt and pepper. Try out pork, add onion and cook, stirring often that onion may not burn; parboil potatoes 5 minutes in boiling water to cover, drain and add to onion and strained fat, then add 2 cups boiling water; cook till potatoes are soft, add corn and milk, and heat to boiling point; season with salt and pepper, add butter and crackers split and soaked in enough cold milk to moisten; remove crackers, turn chowder into a tureen and put crackers on top.—E. S. Cotton, St. George's Channel, Richmond Co., N.S.

CORN FRITTERS.—1 can corn, 2 eggs, ¼ teaspoon salt, pepper, ½ teaspoon baking powder, ½ cup flour, milk to make thick batter. Mix the corn, yolks of eggs,

salt, pepper together, and add the flour sifted with baking powder. Add milk, beat well. Fold in whites, drop by spoonful into hot fat.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

2.—1 can corn, to which add ½ cup milk and 1 egg well beaten, season with salt and thicken with rolled crackers; fry in hot butter.—MRS. FRANK WAKEY, Danforth, Ont.

3.—1 can corn, 3 eggs well beaten, a little salt, and flour enough to make a rather stiff batter; cook in deep hot lard same as doughnuts.—MRS. L. C. MINOR, Box 90, Magrath, Alberta.

MOCK OYSTERS.—Pulp of 1 can corn, add enough sifted crumbs to hold mixture together, moisten with egg, add ½ teaspoon baking powder, and seasoning. Drop by spoonfuls into hot fat.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

GREEN CORN PATTIES.—Grate as much corn as will make 1 pint, 1 teacup flour, 1 egg, pepper and salt to taste; if too thick, add a little milk, fry in butter. —MRS. THOS. SMITH, Jamestown, Ont.

CORN PUDDING.—1 pint canned corn chopped fine, to this add 1 teaspoon cornstarch, 2 well-beaten eggs, 2 cups rich sweet milk, 1 small teaspoon sugar, pepper and salt to taste. This is a most delicious accompaniment to a meat course.—MRS. JOHN SCOTT, Acton's Corners, Ont.

CORN RELISH.—1 dozen ears of corn, 1 large head cabbage, 1 quart white wine vinegar, 3 or 4 cups brown sugar, 2 tablespoons salt, 6 peppers (3 green and 3 red), 1 tablespoon mustard seed, 1 tablespoon celery seed, 5 cents tumeric and curry; boil 15 or 20 minutes, add more vinegar if you think it too thick.—MISS BELLA DENNIS, Box 277, St. Thomas, Ont.

CORN SALAD.—1 dozen ears corn, boil and cut off, 1 head cabbage, 4 onions, 1 cup sugar, 1 tablespoon

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salt, 1 large sweet pepper, chop all together and cook, adding 1 pint vinegar; mix 1 tablespoon mustard, 1 small teaspoon tumeric, mix with water and add to the above mixture and cook a few minutes.—Mrs. W. A. Buchner, Courtland, Ont.

2.—12 ears of corn, 1 head cabbage, ½ cup sugar, ¼ cup dry mustard, sweet pepper to suit taste; cut tops of the corn off, then scrape all off the cob; put in enough vinegar to cover it and cook for 20 minutes. For a large quantity put in several times amount.—Mrs. W. S. Dies, Shannonville, Ont.

3.—1½ dozen corn cut off cob, 1 head cabbage, 3 heads celery, 2 red peppers (take out seeds), 5 large onions, 2 quarts vinegar, 2 pounds brown sugar, 4 tablespoons mustard, 2 tablespoons flour, 5 cents' worth of tumeric, ½ cup salt; chop cabbage, celery, and peppers; put vinegar on to boil, add sugar and salt, mix flour and mustard together, then add tumeric, then add corn, onions, peppers, cabbage and celery; boil slowly until tender.—Mrs. M. C. Armstrong, Mount Albert, Ont.

4.—1 head cabbage cut fine, 1 dozen ears of corn cut off, mix with a little salt and let stand a few hours, 1 cup brown sugar, 2 tablespoons mustard, and a little pepper, vinegar enough to cover this; cook until done and put in sealers.—Mrs. Allen Stager, Plattsville, Ont.

5.—Boil until tender 20 ears of corn, then cut off cob, 2 cups granulated sugar, ½ cup salt, ½ teaspoon celery seed, ½ cup flour, ½ teaspoon tumeric, 4 onions chopped fine, 1 large head cabbage, 2 ounces mustard, 2 quarts vinegar (strong), 2 green peppers chopped fine. Mix corn, peppers, cabbage and onions together and pour 1 quart vinegar over this and let come to boil; mix other ingredients together with the other quart of vinegar; mix all well, and boil mixture ½ hour; seal in jars. This makes from 5 to 8 quarts according to size of cabbage, etc.—A. Ethel Moorhouse, Cairo, Ont.

HOT CORN SALAD.—1 can corn, 1 egg, 1 cupful sweet milk, 5 sodas rolled, salt and pepper to taste and a little butter; bake in oven until brown.—MRS. JOHN SUTHERLAND, Box 22, Bradford, Ont.

SALT CORN FOR WINTER USE.—8 cups corn, 2 cups water, 1 cup sugar, ½ cup salt; boil 20 minutes, seal tight.—MRS. HERMAN C. REESOR, Mongolia, Ont.

CORN SCALLOP.—Empty a can of corn into a baker, add to it 1 pint milk, and a beaten egg, then 2 slices bread crumbled fine, dot the top with bits of butter, pepper and salt; brown in a hot oven.—ETHEL JACKSON, "The Grove Farm," Jacksonville, C.B.

CORN A LA SOUTHERN.—1 can chopped corn, 2 eggs, 1 teaspoon salt, ⅛ teaspoon pepper, ½ tablespoon melted butter, 1 pint scalded milk; mix and turn into buttered baking dish. Bake in slow oven until firm.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

CORN TABLE SAUCE.—1 dozen ears corn, 1 head cabbage, 1½ quarts vinegar, salt, 3 cups sugar, 3 red peppers, ¼ tablespoon mustard, 4 or 6 onions chopped fine; cook gently until tender.—MRS. ELGIN HYDE, Bealton, Ont.

SUCCOTASH.—3 ears corn cut off the cob, 3 cups Lima beans, 1 pound chopped meat, 1 onion cut up fine, season with salt and pepper; cook until done.—MISS E. MCILRAITH, Oxford Mills, Ont.

2.—Cut hot boiled corn from cob, add an equal quantity of hot boiled shelled beans; season with butter and salt, and re-heat before serving.—MACDONALD INSTITUTE, Guelph, Ont.

3.—A pint of beans, wash and boil for nearly an hour, add a quart of green corn, salt and pepper to taste, a large tablespoon butter, a tablespoon sugar; cook until done. Dried corn may be used by soaking for a while. This is worth trying.—MRS. R. E. HAMILTON, River View Farm, Box 367, Dunnville, Ont.

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BOILED CUCUMBERS.—Pare, cut in pieces, cook until soft in boiling salted water, drain, mash and season with salt and pepper and butter, or add to cream sauce.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

CREAMED CUCUMBERS.—Pare, cut lengthwise, remove the seeds and cut pulp of ripe cucumbers into sections; cook gently in salted water until soft; drain, and serve in a cream sauce.—MACDONALD INSTITUTE, Guelph, Ont.

FRIED CUCUMBERS.—Take large cucumbers, peal and slice lengthwise, sprinkle with salt, have the pan ready with butter or lard and butter may be used; have it hot, dip the cucumbers in flour, sprinkle with pepper and fry to a nice brown. They are delicious.—MRS. R. E. HAMILTON, Box 367, Dunnville, Ont.

HOT CUCUMBER SALAD.—Take 3 or 4 large green cucumbers, pare and slice them, and 1 onion minced fine; put 2 tablespoons lard in a frying pan over the fire, and when hot put cucumbers and onion in and simmer till tender, then add salt and pepper to taste, a tablespoon flour, 1 cup sour cream, and ½ cup vinegar; serve hot.—MISS LOUANNA S. HOELSCHER, Berlin, Ont.

CUCUMBER SALAD.—12 large green cucumbers, 3 large onions; pare, slice and salt over night; in the morning drain; take 1 pint vinegar, 1 small cup sugar, 1 teaspoon celery seed, ½ teaspoon pepper, 1 tablespoon white mustard seed, 1 level teaspoon tumeric; pour over cucumbers and onions, and let come to a boil. Put away in jars, always ready for use.—MRS. JAS. WHEATON, Thorndale, Ont.

FRIED EGG PLANT.—Treat as for sauted egg plant, sprinkle with salt and pepper, dip in batter or in egg and crumbs; fry and drain.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

SAUTED EGG PLANT.—Pare, cut in slices, sprinkle slices with salt, pile on plate and apply pressure for 1 hour; dredge with flour; saute in butter.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

EGG OR LETTUCE SALAD.—1 raw egg, 1 teaspoon mustard, 1 teaspoon sugar, 1 teaspoon cornstarch, ½ cup vinegar, salt and pepper to taste, 1 hard-boiled egg chopped fine, lettuce also chopped fine; boil until thick like honey, remove from stove and add chopped egg and lettuce.—Emma J. A. Thomas, Markham, Ont.

LETTUCE DRESSING.—½ pint cream, or rich milk, ½ pint vinegar, 1 small cup sugar, 3 eggs well beaten, lump of butter size of egg, 1 teaspoon ground mustard, 1 teaspoon pepper and salt; mix all together cold and cook until thick.—Mrs. Robt. Cook, Apto, Ont.

2.—1 small cup vinegar placed on stove to boil; when boiling add following mixture: 1 cup sugar, 2 eggs, 1 teaspoon mustard, 1 tablespoon flour, teaspoon salt, 1 tablespoon butter, pinch cayenne pepper.—Bertha M. Sharp, Vittoria, Ont.

3.—4 eggs beaten separate, 2 even tablespoons mustard, 4 even tablespoons white sugar, 4 even tablespoons butter, ½ cup vinegar, ½ teaspoon salt, dash cayenne pepper; mix butter, sugar, mustard, salt and pepper well, then add beaten yolks of eggs, stir in vinegar, beat it well, cook in double boiler until it becomes soft like custard; when done add the white of eggs well beaten; when ready for use add cream or milk.—Mrs. Ezra Snyder, Blair, Ont.

MUSHROOMS.—(Boiled). Wash, remove stems, dip caps in melted butter, place on broiler, broil 5 minutes, and serve on pieces of buttered toast, sprinkle with seasonings.—Mrs. Milton Savage, Elgin Mills, Ont.

MUSHROOMS BAKED IN CREAM.—Put in shallow buttered pan, cap side up, season with butter, add cream, bake 10 minutes in hot oven.—Mrs. Milton Savage, Elgin Mills, Ont.

MUSHROOMS A LA SABINE.—Sprinkle with salt, pepper, roll in flour; saute in melted butter 3 minutes, add stock, cook 5 minutes; sprinkle with grated cheese. Serve on toast.—Mrs. Milton Savage, Elgin Mills, Ont.

DRINK WHITE SWAN COFFEE

MUSHROOM FARCE.—Select the largest, chop remainder, mix with crumbs and seasoning; stuff the large ones with this mixture; saute in butter; place piece of toast under it in pan, add some cream and cook.—Mrs. Milton Savage, Elgin Mills, Ont.

ONION SALAD.—Peel onions and slice them very fine, cover with boiling water and let it stand till cool; take out the onions, squeezing out all the water possible, cover with a dressing made of 2 parts of cream and 1 of vinegar; use pepper and salt to taste; also more vinegar if desired.—Edna Wahn, Walkerton, Ont.

ONIONS WITH WHITE SAUCE.—Peel 5 medium-sized onions and quarter, place in pot with hot water and boil 20 minutes, take off and strain; when ready to serve cover with the following sauce: 2 cups milk, heated, add 3 tablespoons flour that has been creamed with 2 tablespoons of butter, stir constantly till it thickens.—Margaret E. Kelly, Davidson Corners, via Gatineau Point, P.Q.

CARROTS AND ONIONS.—Boil as many carrots as are required in water until done, and then drain; fry ⅓ as many onions as there are carrots, in butter; put carrots into the pan with the onions and serve hot; season with salt and pepper.—Mrs. Allen Stager, Plattsville, Ont.

ESCALLOPED ONIONS.—Butter baking dish of desired size, put in a layer of sliced onions and then a layer of soda crackers broken in small pieces, sprinkle lightly with salt and pepper and dots of butter; continue this until dish is full, then cover with milk, sprinkle with fine biscuit crumbs and bake in a moderate oven 1 hour. This is very nice for supper on cold evenings.—Mrs. R. M. Patterson, Agincourt, Ont.

ONION DUMPLING.—3 cups flour, 1 teaspoon salt, 3 teaspoons baking powder, 1 cup chopped suet, 1 cup chopped onions, mix thoroughly, then add enough cold water to mix stiff, steam 3 hours, serve with hot roast beef and brown gravy.—Mrs. M. R. Hoover, Locust Hill, Ont.

ONIONS BOILED.—Select those of uniform size, remove the outer skin, then boil until tender in a large quantity of milk and water, the flavor will be more delicate; drain them when tender, and season with butter, salt and pepper.—MRS. THOS. SMITH, Jamestown, Ont.

ONIONS FRIED.—Peel and slice and fry in lard or butter; season with pepper and salt, and serve hot.—MRS. THOS. SMITH, Jamestown, Ont.

BAKED PARSNIPS.—Boil parsnips until tender, drain and mash, add a generous lump of butter, pepper and salt to taste; butter a baking dish, cover the bottom with a layer of bread crumbs, put in parsnips, cover with a layer of crumbs and brown in oven.—MRS. REVD. MACKAY, Four Mile Brook, Pictou Co., N.S.

SAUTED PARSNIPS.—1. Soak the parsnips in cold water, scrape them and cut in sections or thick slices; boil in salted boiling water until tender, drain them, put a little butter or sweet dripping in a hot frying pan and saute the parsnips until nicely browned. 2. Mash the boiled parsnips until very smooth, season with salt, pepper and butter, or a little cream; form into cakes and saute them.—MACDONALD INSTITUTE, Guelph, Ont.

BAKED PARSNIPS.—Mash boiled parsnips, add beaten egg, pile on buttered dish, cover with buttered crumbs, bake in the oven until the crumbs are browned. —MRS. MILTON SAVAGE, Elgin Mills, Ont.

PARSNIPS BOILED AND CREAMED.—Wash, scrape, cut in pieces 2 inches long, ½ inch wide, cook until soft in boiling salted water; drain and add 1 cup white sauce to every 2 cups parsnips.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

PARSNIP CAKES.—Grate raw parsnips to make a cupful, add 1 cup fine bread crumbs, 2 beaten eggs, a piece of butter, salt and pepper. Moisten with sweet milk, form into cakes and fry brown in hot butter.—MRS. JOHN T. SMOKE, Mount Nemo, Ont.

DELICIOUS PARSNIPS.—Peel parsnips, wash, cut into cubes, boil in sufficient water to cover them until tender. Place in the oven a dish, in which put a good-sized lump of butter, let gradually melt, and when parsnips are cooked, drain, season with pepper and salt, place in a vegetable dish and pour over them the melted butter. Serve hot.—Mrs. John H. Gilvert, Rockford, Ont.

FRIED PARSNIPS.—After parsnips have been treated in the usual manner, cut in slices lengthwise about ¼ inch thick, boil in slightly salted water until tender; remove from water, dip in flour seasoned with salt and pepper, lay in pan with some hot butter and brown. Served at once they are delicious. May also be dipped in beaten egg.—Mrs. W. H. Boyd, Rodney, Ont.

2.—Wash and scrape, splitting largest ones, cut crosswise in ¼-inch slices, have spider ready with butter or fresh drippings, put parsnips in, salt and pepper to taste, cover, fry slowly 25 or 30 minutes, turning with cake turner or broad knife to prevent sticking.

Another Way.—Boil in salted water till tender, drain and fry till brown. Serve very hot.—Mrs. Richard Fleming, Kingston Mills, Ont.

PARSNIP FRITTERS.—Cook parsnips in boiling salted water, scrape off the skins, mash and season with 1 teaspoon butter, ½ teaspoon salt, ½ teaspoon pepper; make into oval balls on floured boards and fry in butter until well browned.—Mrs. Roy H. Miller, Box 198, Thamesville, Ont.

2.—Mash boiled parsnips, add beaten egg, make into flat cakes, roll in flour, saute in butter.—Mrs. Milton Savage, Elgin Mills, Ont.

RECIPE FOR PEA SALAD WITH EGGS.—Cut cold hard-boiled eggs in the centre, carefully remove the yolks and cut into small bits, mix with green peas, strained fairly dry, heated and seasoned; pour carefully into the halves of the eggs. Serve on lettuce leaves with mayonnaise dressing. Very nice.—Mrs. James Cole, Foxmead, Ont.

GREEN PEA TIMBOLES.—1 can peas, 1 tablespoon butter, ½ teaspoon sugar, ⅛ teaspoon salt, pepper, 2 eggs, milk to soften. Pass the peas through a colander, mix with the other materials, pour into buttered timbole moulds. Bake in hot oven until firm. Turn out and serve with white sauce.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

POTATO APPLES.—2 cups hot riced potatoes, 2 tablespoons butter, ⅓ cup grated cheese, ½ teaspoon salt, 2 tablespoons thick cream, 2 yolks of eggs, cayenne pepper and nutmeg. Mix in the order given, shape in the form of small apples, roll in flour and egg crumbs, fry in deep fat, drain and insert clove at stem and blossom end.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

BAKED POTATOES.—2 cups mashed potatoes, 2 tablespoons melted butter, 2 eggs whipped light, 1 cup cream or milk, salt to taste. Beat potatoes and butter, add other ingredients and beat well. Pour into a buttered dish. Bake in a quick oven until well browned. —MRS. H. A. VAN DUSEN, Tara, Ont.

POTATOES BAKED IN THE HALF SHELL.—Bake 6 medium-sized potatoes, remove from oven, cut slice from top of each and scoop out inside. Mash, add 2 tablespoons butter, 3 tablespoons hot milk, salt and pepper to taste; then add whites of 2 eggs well beaten. Refill skins and brown in a hot oven. Grated cheese may be sprinkled over the top or finely chopped ham may be added to the potato mixture.—MACDONALD INSTITUTE, Guelph, Ont.

BAKED SLICED POTATOES.—Pare raw potatoes and slice very thinly enough to fill a 2 quart pudding dish, season with salt and pepper over the top, pour over sweet milk ⅔ full. Cut 5 or 6 slices of pork and lay over the top. Bake about 2 hours. If liked, the pork may be left off and a little more milk added.—MRS. O. C. BUCHNER, Courtland, Ont.

SURPRISE BALLS.—From cold mashed potatoes make balls, and with a teaspoon press a hollow in the

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top; chop fine some cold lean meat, season with pepper and salt and moisten with a little gravy, then put a spoon of meat in the hollow of potatoes with a little melted butter or milk. Place in the oven and brown. —MAGGIE POLLOCK, Pine River, Ont.

POTATO BALLS.—Wash, pare, soak, cut with French cutter, cook in boiling salt water until tender. Drain. To 2 cups potato balls, add 1 cup white sauce. May be sprinkled with parsley.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

BOILED POTATOES.—Old potatoes are better for being peeled and put in cold water an hour before being put over to boil. They should then be put into fresh cold water, when set over the fire. New potatoes should always be put into boiling water, and it is best to prepare them just in time for cooking. Are better steamed than boiled.—MRS. THOS. SMITH, Jamestown, Ont.

POTATO CAKES.—Put 3 cups of finely mashed potatoes into a mixing bowl, add 1 cup of cold meat, previously run through the mincer, (an excellent way to use up roast scraps), 1 small onion cut fine, one beaten egg, salt, pepper and powdered sage to taste. Mix all thoroughly, then form—with the hands well floured—into small, round cakes about the size of a cake cutter, and about 1 inch thick. Fry to a delicate brown on either side in butter, roast or sausage dripping. These little cakes are a delicious addition to the supper table. —MRS. D. MCHARDY, Fergus, Ont.

2.—Take the cold mashed potatoes left from dinner and add some bread crumbs, salt and pepper, then take an egg and beat good; mix all together and make into small cakes about ¼ inch thick, fry in lard until they are nice and brown. Very nice for tea.—MRS. H. BANKS, Beamsville P.O., Ont.

POTATO FRIED CAKES.—4 potatoes (size of an egg), mashed; 1½ cups brown sugar, butter size of walnut, ½ cup sweet milk. 2 eggs, 4 tablespoons baking powder sifted thoroughly with flour. Mix as soft as can be handled.—ETHEL RICE, Tillsonburg, Ont.

CHIP POTATOES.—Peel and boil some long-shaped potatoes till nearly done, strain, cut each potato lengthwise into 4 pieces and put into a baking dish in boiling fat and bake in oven till nicely browned. Nice under the meat.—Mrs. W. Lawrence, Painswick, Ont.

CREAMED POTATOES.—Take some cold boiled potatoes, cut in dice, pepper and salt, a little butter, sprig of parsley, cut up fine, put milk into frying-pan, add potatoes, enough milk to make it creamy, then add a little thickening of flour. Enough milk to make a nice gravy.—Miss E. McIlraith, Oxford Mills, Ont.

CREAMED POTATOES.—Slice baked potatoes, heat sufficient cream or rich milk to moisten the potatoes well, and add salt, pepper and parsley. Let cream boil up and put in the potatoes. Leave them until well heated and serve at once.—Mrs. W. F. Batty, Brooklin, Ont.

POTATOES AND CREAM.—Mince cold boiled potatoes fine, put them into a spider with some melted butter, cover them, let them fry a little, put in another piece of butter, and pepper and salt; pour over them some rich milk or cream; boil up once and serve.—Miss Florence L. Scott, Acton's Corners, Ont.

NUT AND POTATO CROQUETTES.—Coarsely chop sufficient black walnut meats to measure 1 cup. Mix these with 1 cup of mashed and seasoned potatoes and 1 cup of soft bread crumbs. Stir in 2 well-beaten eggs, add a high seasoning of salt, pepper and onion-juice, a few drops of lemon-juice and 3 tablespoons of beef-stock. When cold, mould into croquettes, dip each into beaten egg, roll in fine crumbs, and fry in deep, smoking-hot fat. These are delicious.—H. E. S., Rye, Wyoming. By Courtesy of "The Delineator."

POTATO CROQUETTES.—Take 2 cups of mashed potatoes (left from dinner), ½ cup chopped meat (any kind you have left over), 1 even tablespoon each chopped onions and parsley, a little salt; mix all together and with the hands mould into oblongs the size of a finger.

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Dust with flour, roll in beaten egg, thin in biscuit crumbs and fry. Turn frequently, so they will be round when finished. Fry a golden brown and serve hot.—Mrs. Irwin B. Weber, R.R. No. 1, Waterloo, Ont.

2.—3 cups hot potatoes (mashed), 1 tablespoon butter, ¼ teaspoon pepper, ½ teaspoon salt, 1 egg, bread crumbs. Mix all but the egg. When slightly cool, add beaten yolk of egg, mould or shape in balls, dip in beaten white of egg and roll in crumbs, then fry until a light brown.—Margaret E. Kelley, Davidson Corners, via Gatineau Point, Que.

POTATO CONES.—Take cold mashed potatoes, season with pepper, salt and onion chopped fine, beat in 1 tablespoon butter and 2 tablespoons milk. Shape carefully into cones and brown fifteen minutes in the oven.—Eliza Harris, Verschoyle, Ont.

DELMONICA POTATOES.—Take boiled potatoes left over from dinner, cut in dice, put in pudding dish; over this pour a white milk sauce, cover the top with a layer of grated cheese and bake for ½ hour. Serve hot. —Mrs. Menno S. Weber, R.R. No. 1, Waterloo, Ont.

POTATO DUMPLINGS.—3 cups finely mashed potatoes, 1 egg, 1 cup flour, 1 cup chopped ham; mould into round balls and boil for ½ hour in salted water. Let them cool, cut in thin slices and fry in lard.—Edna Wahn, Walkerton, Ont.

FRENCH FRIED POTATOES.—Wash, pare, cut in eighths lengthwise, soak 1 hour in cold water; dry, fry, drain, sprinkle with salt.—Mrs. Milton Savage, Elgin Mills, Ont.

POTATOES FRIED WITH EGGS.—Slice cold boiled potatoes and fry in butter till nicely brown; in meantime beat 1 or 2 eggs and stir into the potatoes nicely, and take up at once so as not to harden the egg, but merely to cook slightly. One egg is enough for 3 or 4 persons. —Mrs. O. A. Wilson, Myrtle Station, Ont.

POTATOES AU GRATIN.—Put in buttered dish with crumbs, cold boiled potatoes cut in cubes; bake. Cheese may be added.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

MASHED POTATOES.—Peel, leave in cold water ½ hour; put in a steamer, cook until tender. Have ready a granite dish, put your potatoes in it, mash well and fine, season with salt, 1 tablespoon butter, 1 cup rich milk; mix together well. If liked, put in the oven to brown.—MRS. THOS. SMITH, Jamestown, Ont.

OAK HILL.—Cut up cold boiled potatoes and six hard-boiled eggs into ¼-inch slices; arrange alternate layers with seasonings in buttered baking dish. Pour over it 2 cups thin white sauce, cover with buttered crumbs, bake until browned.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

POTATO OMELET.—1 cup mashed potato, 3 eggs, ⅔ cup milk, salt and pepper; add the milk and seasoning to the potato, then beat in the well-beaten eggs. Melt a tablespoon of butter or good dripping in a frying pan; when quite hot, turn in the mixture and cook until nicely browned on the bottom. Then set the pan in a moderately hot oven and cook until puffed, and set on top. Fold and serve on a hot platter.—MACDONALD INSTITUTE, Guelph, Ont.

2.—Turn mashed potato into hot buttered pan, spread evenly, cook slowly until browned underneath, fold.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

POTATO PATTS.—Take mashed potatoes, sprinkle with pepper and salt, add sufficient milk to make a little soft, then add flour so as to be able to roll on bakeboard, cut with cake cutter and fry with dripping. These are delicious.—MRS. S. J. DUNSMORE, Barrie, Ont.

POTATO PATTIES.—Take cold mashed potatoes (3 cups) and cold meat of any kind you have, cold pork is nice, grind 1 cup, mix with potatoes, beat 1 egg; add this with salt, pepper and sage to season, make into

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little round patties and fry in a little grease. This is splendid to use up left-overs.—MRS. R. M. PATERSON, Agincourt, Ont.

POTATO PIE.—1 cup grated potatoes, 1 cup sugar, 1 cup boiling water, 1 lemon (juice and rind grated), butter size of an egg; boil all together until thick, then put into the pie crust and cover just as any other pie would be covered.—MRS. W. A. KENNEDY, Scarboro, Ont.

2.—Take a deep pie and cover the bottom with mashed potato, then a layer of cold minced meat, with pepper and salt to taste; sprinkle with flour, moisten with a little water, repeat till dish is full, the last layer being potatoes with small pieces of butter placed on top; bake till a light brown.—MRS. G. HARRIS, Paynton, Sask.

3.—Take of left-over potatoes 1 large bowl, cut in slices, add about ½ quantity of lean pork left from a fresh roast or boiled ham, chopped in small pieces; season well with salt and pepper, add enough rich sweet milk to make a soft mixture and let it cook well on the top of the stove, stirring frequently to prevent burning; when done, add a rich crust made similar to short cake, only richer, and bake in the oven until brown. This makes a very nice supper dish.—MRS. FRANK G. HARRIS, Claremont, Ont.

POTATO PUDDING.—Peel and chop enough raw potatoes to make 2 quarts, chop enough fresh suet to make 2½ cups, salt these well and mix all together with as much flour as will stick them together, put in a pudding bag and boil for 2 hours.—MRS. ALEX. JAMES, Dunnville, Ont.

PUFFERTS OR POTATO PANCAKES.—Grate or grind potatoes in a food chopper, and for 6 large potatoes add 1 egg well beaten, and a little salt; fry like griddle cakes, only use a little more grease and have it very hot. 1 large spoonful makes 1 pancake.—MRS. L. C. MINOR, Box 90, Magrath, Alta.

POTATO PUFF.—To 2 cups mashed potatoes add 2 tablespoons melted butter and beat until light, then mix in it 2 eggs well beaten, a cup of milk and salt to taste; beat together thoroughly, and bake in a buttered pudding dish in a quick oven until nicely browned.—Mrs. J. L. Bassingthwaighte, Richmond Hill, Ont.

2.—3 cups of finely mashed potatoes, 2 eggs well beaten, 2 tablespoons butter, salt, 2 cups milk, bake in hot oven.—M. Schweizerhof, Galt, Ont.

3.—2 cups of mashed potatoes cold, 3 tablespoons melted butter, 2 eggs well beaten, 1 cup sweet milk or cream, pour in deep dish and bake in quick oven.—Miss Olive Benn, Courtland, Ont.

POTATO RELISH.—2 cups chopped cold boiled potatoes, seasoned with salt and pepper, 4 tablespoons sweet cream, ½ cup chopped pickled beets, 1 hard-boiled egg chopped; mix all together, garnish with slices of hard-boiled eggs; can omit eggs if like.—Mrs. Jos. Foster, Canfield, Ont.

POTATO SALAD.—For a salad bowl nearly full of hot mashed potatoes, add butter size of an egg, enough milk to make it mix smoothly; 1 small onion chopped fine, ½ teaspoon of mustard, vinegar enough to taste; season with salt and pepper; 2 hard-boiled eggs chopped. —Florence Harris, Verschoyle, Ont.

2.—1 cup vinegar, 2 eggs, 1 teaspoon flour, 1 teaspoon mustard, ½ cup sugar, ¼ teaspoon each of salt and pepper; put all together on the stove and cook until it boils; chop 4 onions and enough cold cooked potatoes fine, to make about 2 quarts; cool the dressing and pour over the potatoes; boil 3 eggs and slice and lay over top of salad.—Mrs. Chas. Walsh, Straffordville, Ont.

3.—1 cup sour cream, brought to boiling point; add ¼ teaspoon mustard, small teaspoon sugar, 1 egg beaten; remove from range and add 1 tablespoon vinegar; pour over cold potatoes and onions sliced thin, with a little salt.—Mrs. J. W. Cohoe, Courtland, Ont.

4.—1 cup chopped potatoes, 1 cup shredded cabbage, 1 very small onion chopped fine, 1 bunch celery cut small, 2 tablespoons vinegar, 1 teaspoon salt; pepper to taste, 2 large tablespoons sour cream; garnish either with small cabbage leaves or celery tops.—Mrs. Grace Goulter, Shanty Bay, Ont.

5.—6 medium-sized potatoes cooked, 2 hard-boiled eggs, 2 onions, 1 cucumber peeled and seeded, 3 stalks of celery, all cut fine.—Florence E. Wellbanks, R.F.D. No. 3, Picton, Ont.

6.—Boil potatoes with jackets on, let cool; peel and slice 2 layers in bottom of dish, a layer of green cucumbers (sliced), and layer of onions, then pour on salad dressing and repeat until dish is full; can be made night before if required.—Mrs. Frank R. Wakey, Danforth, Ont.

7.—Put 1 cup vinegar to boil, 1 beaten egg, 1 tablespoon ginger, 1 tablespoon cornstarch, 1 tablespoon mustard, 1 onion, pepper, salt, 1 cucumber minced; add all the above and put in vinegar, let boil; when cold, add 1 tablespoon cream.—Mrs. Geo. M. Veit, Courtland, Ont.

BUTTER DRESSING FOR POTATO SALAD.—1 cup butter melted, into which is stirred 1 tablespoon of flour, ½ cup vinegar, 1 teaspoon salt, 1 egg, ½ teaspoon mustard and a little pepper; add a small cup of boiling water, and cook together until thickened like cream.—Mrs. M. D. Kitchen, So. Charleston, Ohio, U.S.A.

POTATO SALAD DRESSING.—¾ cup milk (scalding hot), 1 tablespoon sugar, 1½ tablespoons flour, ½ tablespoon salt (add more if required), 1 teaspoon mustard, a wee pinch of cayenne pepper, 1 egg, or yolks of 2 eggs. Wet the above with milk and stir into the scalding milk. After removing from stove add ¼ cup vinegar and a little butter.—Miss Lulu M. Gregg, Salford, Ont.

SARATOGA CHIPS.—Wash, pare, slice thinly into cold water; let stand 2 hours; drain dry between towels. Fry, drain, sprinkle with salt.—Mrs. Milton Savage, Elgin Mills, Ont.

POTATO SCALLOP.—Grease a deep pudding dish and place in the bottom a layer of potatoes, peeled, and sliced very thin; next, a layer of thin sliced onions, then a layer of bread crumbs; sprinkle some pepper over this and a little pinch of salt; next, layer of potatoes, and repeat until dish is full, having the potatoes on top. Cover with sweet milk and bake in a hot oven for an hour, or until the potatoes can be pierced with a fork.—Mrs. W. J. Bunton, Appleby, Ont.

2.—Peel and slice thin raw potatoes, butter a dish, put in a layer of potatoes, a layer of rolled biscuit, season with salt, pepper and butter. Continue in this way until the dish is filled. Just before putting in the oven cover with milk to which has been added a beaten egg. Bake slowly 1 hour. Cold boiled potatoes may be cooked the same, but requires less time to bake. They are good either way.—Mrs. H. A. Van Dusen, Tara, Ont.

3.—Put 1 pint of sweet milk to heat, add a small piece of butter, a little pepper and salt; moisten 3 teaspoons flour in a little milk and add; keep well stirred. Have 3 or 4 potatoes peeled, slice them in and cover with bread crumbs; bake until brown (about 1½ hours).—Mrs. E. R. Goodeve, Mono Mills, Ont.

4.—Cut cooked potatoes in square or thin slices, put into dish a layer of cream sauce, then potatoes, alternately, ending with a layer of sauce. Sprinkle over top a little chipped parsley, then ½ cup buttered crumbs; dry and roll crusts till fine. For 1 cup crumbs use 2 tablespoons butter, ½ teaspoon salt and a little pepper. Bake about 30 or 40 minutes.—Mrs. Jas. Hart, Shanty Bay, Ont.

SLASHED POTATOES.—2 quarts mashed potatoes, ½ cup cream, ½ cup butter, season with salt and white pepper; beat until the consistency of cream and serve. —Mrs. A. P. Coulter, Kent Bridge, Ont.

POTATO SOUFFLE.—Take 2 cups cold mashed potatoes, stir in 2 tablespoons melted butter; beat to a fluffy cream, add 2 well-beaten eggs, 1 cup sweet cream

WHITE SWAN LYE packed in tins with sifting top. No can-opener required

or milk. Beat all well together, pour into deep pudding dish and bake in a quick oven till nicely browned.—Miss Edith J. Dawson, Glen Ewen, Sask.

STOVE POTATOES.—The nicest and most economical way to use any scraps of meat or bones left over is to put them in a stewpan with as many different kinds of vegetables as can be got and cut into convenient size for cooking, along with as many potatoes wished, and gently cook in just enough water to keep from scorching till done. Season with pepper and salt at the start.—Mrs. Garfield Yerex, Woodrows, Ont.

STUFFED POTATOES.—Select 6 large potatoes, wash and put in hot oven and bake until soft. Take out, remove the one end and with a teaspoon take out all the inside, being careful not to break the jacket; mash thoroughly, then add ½ cup chopped ham (any other meat will do), a small piece of butter, 1 teaspoon salt, 1 teaspoon chopped parsley and sufficient milk so you can cream it. Fill up jackets again, replace the end and put in oven for 10 or 15 minutes and serve hot. —Mrs. Irvin B. Weber, R.R. No. 1, Waterloo, Ont.

2.—Take left-over mashed potatoes, 1 egg, 1 cup bread crumbs, ½ cup cream, 1 onion chopped and season with pepper, salt and sage; shape into a loaf and put where cool; cut in slices, dip in flour and fry in a little butter.—Jennie C. Pettit, Freeman, Ont.

POTATOES EN SURPRISE.—2 cups hot sliced potatoes, 2 tablespoons butter, ½ teaspoon salt, 2 tablespoons cream, a little cayenne pepper, yolks of 2 eggs, creamed peas. Mix all together, shape in small nests, fill with creamed peas, cover, roll into croquette shapes; dip in egg and crumbs, fry in deep fat, drain.—Mrs. Milton Savage, Elgin Mills, Ont.

POTATO VOLCANO.—Pare and boil sufficient quantity of potatoes till tender, drain and mash and add a little milk, white pepper and salt to suit the taste. Beat till smooth, then pile on plate or dish and mould the shape of volcano. Make a little hollow in top of

mound for crater and fill with yolks of two eggs, 4 tablespoons grated cheese and ½ cup butter. Spread a little butter over the mound and sprinkle with cracker crumbs and brown in a hot oven. Serve hot.—Mrs. A. J. Campbell, Parkhill, Ont.

2.—A nice way to cook potatoes in a hurry is to peel and slice in medium slices as many as required, then add a few onions, peeled and cut up; pepper and salt and a few bits of butter, and put all in a dish, fill up with water and either bake in the oven or set on top of the stove and cover closely.—Mrs. Herbert Coulson, Sunny Lake, Milton, Man.

POTATOES FOR SUPPER.—Pare potatoes, put on to cook with barely enough water to cover, cut up one large or 2 small onions, put in pot with potatoes, let cook until water is all cooked up and potatoes and onions are soft; add salt and pepper to taste, 1 tablespoon butter; beat thoroughly.—Mrs. Chas. Tompkins, Ouvry P.O., Ont.

LEFT-OVER POTATOES—LYONNAISE.—Cook for 5 minutes in 3 tablespoons butter with 1 small onion, cut in slices; add 3 cold boiled potatoes cut in ¼-inch cubes, sprinkle with salt and pepper; let stand until well browned underneath, fold, turn on hot plate. To this might be added 2 tablespoons brown stock and chopped parsley.—Mrs. Milton Savage, Elgin Mills, Ont.

TO WARM COLD POTATOES.—⅔ cup milk, 1 egg well beaten, salt and pepper to taste, 2 cups fine chopped potatoes, stir all together; heat deep baking dish hot, and butter well, and pour in the mixture; sprinkle with flour and bits of butter, and bake in a hot oven until nicely browned.—Mrs. S. Snelgrove, R.R. No. 3, Orwell, Ont.

SWEET POTATOES.—**Boiled**—Wash, pare, cook 20 minutes in boiling water salted. May also be boiled with skins on. **Mashed.**—2 cups hot riced potatoes, 3 tablespoons butter, ½ teaspoon salt, enough hot

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milk to make thin, beat until light. **Au Gratin.**—Cut boiled potatoes in ⅓-inch slices. Put layer in baking dish, sprinkle with salt, pepper and 3 tablespoons brown sugar, dot with butter, repeat, cover with buttered crumbs; bake until browned. **Pared and Baked.**—Wash, pare, parboil, drain; brush with melted butter, sprinkle with brown sugar, bake in hot oven until browned.

SWEET POTATO CROQUETTES.—2 cups mashed sweet potatoes, 3 tablespoons butter, ¼ teaspoon salt, ½ teaspoon sugar, 1 tablespoon cream, 2 yolks eggs; mix, cool, shape, fry, drain, serve with sauce.—Mrs. Milton Savage, Elgin Mills, Ont.

SWEET POTATOES (Baked).—Select medium-sized potatoes and wash well; boil 5 or 10 minutes, then bake in a hot oven until soft.—Macdonald Institute, Guelph, Ont.

GLAZED SWEET POTATOES.—Boil and cut in halves medium-sized potatoes, lay evenly in a baking pan, bake in a hot oven until tender and nicely browned. Baste while baking with a syrup made by boiling sugar, butter and water together for a few minutes.—Macdonald Institute, Guelph, Ont.

RADISH SLAW.—Wash and peel a radish of any size, grate, let stand a few minutes, drain off any liquid that has gathered, add cream, salt and vinegar, and you will have a dish you will like, I'm sure.—Mrs. Menno Shantz, Ayr, Ont.

SPINACH.—½ peck spinach, 2 tablespoons butter, 1 tablespoon salt; have 2 pans filled with cold water, Pick over the leaves carefully and drop them into 1 pan of water; shake them well in the water and lift them into the other pan. Empty the water from the first pan and fill it again with cold water. Wash the spinach in this way until not a grain of sand is left in it; put the leaves in a granite kettle, cover closely, and cook gently for ½ hour. The water that clings to the leaves, together with the water contained in them, is

sufficient to cook them. Add the salt when about half cooked. When tender, turn into a colander, chop with a knife and drain well. Put into a hot vegetable dish, add the butter.—MACDONALD INSTITUTE, Guelph, Ont.

2.—Remove roots, pick over and wash leaves in several waters, put in stewpan and cook 25 minutes in own juices. Old spinach is better cooked in boiling salted water, drain, chop and reheat; season with butter, salt and pepper. Cook uncovered.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

SPINACH SALAD.—Take cold boiled spinach, mince fine, cover with dressing and garnish with sliced hard-boiled eggs. Goes well with roast beef.—MRS. FRED. KELLS, Winfield, Ont.

BAKED SQUASH.—Cut squash in halves, remove seeds and stringy portion, place in a dripping pan, cover and bake 2 hours, or until soft, in a moderate oven. Remove from shell, mash and season with butter, salt and pepper.—MACDONALD INSTITUTE, Guelph, Ont.

SQUASH BISCUIT.—1 cup squash, ½ cup sugar, ½ cup yeast, 1 cup milk, ½ teaspoon soda, and butter the size of an egg; mix early in the morning and they will be ready for tea.—S. MORTON, New Germany, N.S.

FRIED SQUASHES.—Cut squash into thin slices, and sprinkle with salt; let it stand a few minutes, then beat two eggs and dip squash into them; fry brown in butter.—MRS. JOS. WOODROW, Richmond Hill, Ont.

SQUASH MUFFINS.—1 pint sifted squash, 1 egg, ½ cup sugar, 1 tablespoon butter, 3 pints flour, ½ cake yeast, milk enough to make a stiff batter, not quite as hard as for bread; beat the egg, sugar and butter with the squash.—MRS. H. S. BARSS, Barss Corners, N.S.

SUMMER SQUASHES.—Cook them whole, when tender; if large, skin and remove the seeds; if small, this will not be necessary; drain and press the water out with a plate, put in a stewpan and season well with butter, pepper and salt, and a tablespoon full of cream.—MRS. JOS. WOODROW, Richmond Hill, Ont.

WHITE SWAN COFFEE guaranteed absolutely pure under Government warranty

BAKED TOMATOES.—Wash, wipe, and then cut in two; place them in a baking dish with the skin side down, and season with pepper and salt and place in a hot oven; take up carefully when done and put bits of butter on each piece of tomato.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

TOMATOES FOR BREAKFAST.—1 can tomatoes put through colander; bring to a boil on the stove, and season with pepper, salt, and 1 tablespoon sugar; mix 1 tablespoon flour with half a cup of sweet cream; stir it in with the tomatoes while boiling; serve hot.

FRIED TOMATOES.—Cut smooth, solid tomatoes into slices and drain well; dust each with pepper and salt; beat an egg in a saucer until light, and add to it a tablespoon of boiling water. Dip each slice first in this, then in crumbs, and fry brown on both sides; take up carefully, and serve very hot.—Miss Myrtle Adamson, Kelso, Ont.

2.—Peel and cut in halves large solid tomatoes, dip in egg, then in rolled cracker crumbs; fry in butter with a dash of pepper and salt, place on buttered toast. Delicious.—Mrs. J. W. Martyn, Canton, Ont.

TOMATO CREAM.—12 ripe tomatoes, 12 sour apples, 12 onions (large), bring tomatoes to a boil and then put through a sieve to take out seeds; also boil apples and onions till soft and put through sieve, add all together; add 1 quart good vinegar, 2 cups sugar, 1 teaspoon pepper, salt to taste, and 1 ten cent can of mustard; boil till real thick, then bottle. Dissolve mustard in a little cold vinegar before adding to the mixture.—Mrs. Frank Field, Elmvale, Ont.

TOMATO EGGS.—Take 3 even-sized tomatoes, 2 eggs, 1 tablespoon milk, 1 ounce butter, a little chopped parsley, 6 rounds of buttered toast. Cut tomatoes in halves through the centre, (not from stem to top), and take out some of the pulp into a saucepan with 1 ounce butter, and cook lightly; beat eggs and add to milk and put in saucepan with pulp and allow all to

cook, but not set. Place the tomato shells in the oven and let them cook until tender, then arrange them on toast and place mixture in them, and sprinkle parsley over them and decorate the dish with parsley leaves. A little finely chopped ham makes an agreeable addition to the mixture.—Miss Nettie Perry, Riverside Farm, Holland Landing, Ont.

ESCALLOPED TOMATOES.—Put into an earthen baking dish a layer of cracker crumbs and small bits of butter, then a layer of tomatoes with a little sugar sprinkled over them, and another layer of cracker crumbs, seasoned with butter and a layer of tomatoes until your dish is full, with cracker crumbs on top; pour over a little water to moisten, and bake ½ hour.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

TOMATO HASH.—Butter the dish well, put in a layer of sliced tomatoes, a layer of cold meat, sliced thin, a layer of bread and butter, and so on until the dish is full, seasoning well with pepper and salt, and beaten eggs poured over the top; bake brown.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

SPICED TOMATOES.—To every 4 pounds of ripe tomatoes take 2 pounds of brown sugar, 1 pint of cider vinegar, ½ ounce stick cinnamon, ½ ounce cloves; cook all together till tomatoes are done, then take out tomatoes, boil juice down to a syrup and pour over tomatoes. Will keep in an open jar.—Mrs. F. Ecker, Carholme, Ont.

STEWED TOMATOES.—Put ripe tomatoes into hot water and skin them, then throw them into an earthen stewpan, cut up and let tomatoes cook gently for a few minutes, season with butter, pepper and salt, and serve. Bread crumbs and sugar may be added to the tomatoes if preferred. Some stew tomatoes for a long time, but the flavor is finer if allowed to simmer but a few minutes, just sufficient time to heat well through.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

Cowan's Supreme Chocolate combines richness, strength and smoothness

TOAST AND TOMATOES.—Toast and butter some thin slices of bread, place in a deep dish; now take 1 can tomatoes, put in a porcelain dish and heat, add 1 pint milk, a lump of soda, ½ teaspoon salt; when hot pour over toast, serve at once.—Mrs. W. O'Blois, Glace Bay, C.B.

TO RIPEN GREEN TOMATOES.—Green tomatoes may be easily ripened if they are placed in a box and covered with bran; they should be kept in a warm place, such as at back of stove, and must be looked over each week and ripe ones removed; they will be found equal in flavor to those ripened by the sun.—Mrs. E. Gayford, Maple Lodge, Ont.

CREAMED TURNIPS.—Pare and slice 1 large or 2 small turnips, cover with water to which has been added 1 tablespoon salt; cook until easily pierced with a fork, then drain and mash; add 1 tablespoon butter, 1 cup sweet cream or milk; beat the turnips until all are smooth, then add a few dashes of pepper. Excellent for dinner with roast pork.—Mrs. Wm. Snively, Boston, Ont.

MASHED TURNIPS.—Wash, pare, cut in slices, cook in boiling water salted until soft (30-45 minutes); drain, mash, season with butter, salt and pepper.—Mrs. Thos. Smith, Jamestown, Ont.

TURNIP FRITTERS.—Add beaten egg to mashed turnips, shape into flat cakes, roll in flour, saute in butter.—Mrs. Thos. Smith, Jamestown, Ont.

TURNIP AND MEAT PIE.—Take 1 pint of left-over meat (pork preferred), cut fine, 1 quart small, thinly cut slices of turnip, put in a large-size pudding dish or baking tin and pour over sufficient water to nicely cook it, about 20 minutes, season to taste. Then make a batter consisting of 1 cup buttermilk, 1 teaspoon soda, a pinch of salt and enough flour for batter. Spread over turnip and meat; sprinkle over batter real small pieces of fat pork, uncooked. Bake in a moderately hot oven.—Ethel Forsyth, Uxbridge, Ont.

POT-PIE WITHOUT MEAT.—6 large potatoes, peeled and cut in thick slices, in 2 quarts water; boil until done; add salt and pepper, 1 tablespoon butter. Make good biscuit dough, drop in and let boil 10 minutes without cover.—Mrs. Jos. Foster, Canfield, Ont.

HOT SUPPER-DISH.—Save all the bits left in the vegetable dishes at noon, mince finely, add a small onion (if liked), add salt and pepper to taste, moisten with cream, put in a hot oven and serve as soon as browned. If there are not enough vegetables, crumb up a piece of loaf and add. If cream is not obtainable, use milk with a few bits of butter scattered over the top of the dish; or take 1 egg, beat until light, add 2 tablespoons water and pour over the mixture, using the bits of butter as with the milk.—M. G. Laidman, Penticton, B.C.

MINCED VEGETABLES.—Chop fine and mix several kinds of left-over vegetables, season with salt and pepper. Put a tablespoon of butter or dripping in a spider, add the mince, cover and cook slowly until hot. —Mrs. John Scott, Acton's Corners, Ont.

VEGETABLE SALAD.—2 boiled beets chopped fine, 1 cup celery also chopped fine; 1 parsnip, 1 carrot, boiled and chopped fine; 1 parsnip, 1 carrot, boiled and cut oblong, and layed alternately for garnishing, with salt and whipped cream for dressing. Cool and serve at once. This makes a pretty dish.—Mrs. Grace Goulter, Shanty Bay, Ont.

MRS. NELSON'S SALAD.—10 large potatoes, boiled and cut into dice, 2 onions chopped also, 1 bunch celery chopped, 10c. worth of nuts; mix together and add dressing. This makes 2 good-sized salad bowls.—Mrs. Mary Moulton.

NUT SALAD.—1 cup chopped celery, 2 cups chopped apples, 1 pound English walnuts chopped, mix with sweet salad dressing. This may be varied by using canned peas instead of celery.—Mrs. Frank Wilson, Danforth P.O., Ont.

WHITE SWAN YEAST CAKES are absolutely guaranteed

WINTER SALAD.—2 quarts green cucumbers, 2 quarts green tomatoes, 2 quarts green cabbage, 2 large cauliflowers, a pinch of red pepper. Let stand over night in salt in separate dishes. Drain in the morning and scald in vinegar and water; add 6 bunches of celery, 1 gallon vinegar, ¼ pound mustard, 3 teaspoons tumeric, 5½ cups sugar, 1 heaping cup flour. Mix mustard, flour and tumeric in cold vinegar; put on and scald.—MABEL TINKESS, Hallville, Ont.

SALAD DRESSING.—2 eggs, 4 tablespoons brown sugar, 2 teaspoons mustard, 1½ teaspoons salt, a dash of cayenne pepper, butter size of a walnut, 1 teaspoon flour, 1 cup vinegar and water mixed, more of water than vinegar. Cook in double boiler till thick.—MRS. BELL, Amber, Ont.

2.—3 tablespoons white sugar, 2 teaspoons mustard, ½ teaspoon salt, butter the size of an egg, yolk of 1 egg, 1 tablespoon flour, 8 tablespoons milk. Mix and cook until thick, then add a tablespoon heated vinegar. When cold fold in the beaten white of egg.—MRS. I. C. DICKSON, Atwood, Ont.

3.—1 cup vinegar heated, 2 eggs well beaten; pour vinegar over eggs, ½ cup sugar, 1 teaspoon salt, ½ teaspoon pepper, ½ cup cream.—MRS. BYRON JENVEY, Ingersoll, Ont.

4.—1 tablespoon flour, 1 tablespoon butter; melt butter, stir in flour; add 1 cup milk and boil. Mix 1 tablespoon sugar, ½ teaspoon salt, 1 teaspoon mustard, ¼ teaspoon paprika or red pepper, 1 egg; add to first mixture and cook until thick. Add ½ cup vinegar slowly. This is excellent.—MRS. M. B. RAWLSTON, 536 Main St. East, Hamilton, Ont.

5.—2 eggs beaten, 1 teaspoon mustard, ½ teaspoon salt, butter size of a nut, then ½ cup sugar, pepper to taste, ½ cup vinegar, cook until thick; thin with milk or cream for chicken.—MISS FLORENCE CAMPBELL, Holly, Ont.

6.—3 tablespoons melted butter, 2 tablespoons mustard, 1 tablespoon salt, ½ teaspoon cornstarch, 4 eggs,

1 pint cream, 1 scant cup vinegar. Mix butter, sugar, mustard, salt, and cornstarch to a cream; add beaten eggs, then the cream, and last the vinegar, a little at a time. Cook in a double boiler until thick like cream.—Estelle M. Record, Apohaqui, N.B.

SALAD CREAM DRESSING.—1 cup cream, 1 spoon flour, whites of 2 eggs beaten stiff, 3 spoons vinegar, 2 spoons salad oil, 2 spoons powdered sugar, 1 spoon salt, ½ spoon pepper, 1 spoon made mustard. Heat cream almost to boiling, stir in flour previously wet with cold milk, boil 2 minutes, stirring constantly; add sugar and remove from fire; when half cold beat in whipped whites of eggs, set aside to cool; when quite cold, whip in the oil, pepper, mustard and salt. If the salad is ready, add vinegar and pour at once over it.—Miss C. J. Collard, Dobbinton, Ont.

PICKLES AND MEAT SAUCES

PICKLES.—1 quart large onions chopped, 1 quart small onions left whole, 1 quart cucumbers chopped, 1 quart small cucumbers left whole, 1 large cauliflower, 3 green peppers; put in separate dishes, let stand over night, in morning add 3 cups of sugar and 2 quarts vinegar, ½ pound white mustard seed, ½ ounce tumeric (powdered), 1 ounce celery seed; put all in kettle and scald; make a paste of ⅔ cup of flour, 2 ounces mustard, with a little vinegar; turn in slowly, stir briskly and let boil up and seal.—Mrs. B. Hill, Windham Centre, Ont.

2.—For 1 hundred pickles wash and wipe them dry, take 1 cup salt, 1 cup mustard, 2 cups sugar, and some green peppers; mix all together, put the vinegar in this mixture and pour it over the pickles cold; take enough vinegar to cover pickles.—Mrs. Edgar Harrington, Elcho P.O., Ont.

AMERICAN PICKLE.—1 quart sliced cucumbers (not too large), 1 large onion, 1 green pepper, sprinkle with salt and let stand 3 hours; rinse in cold water, then add 1 cup brown sugar, 1 teaspoon tumeric, 1 tablespoon grated horseradish, 1 tablespoon mustard seed, 1 teaspoon celery seed; cover with vinegar and bring to a scald.—Miss Reba Rothwell, Albermarle Farm, Guliford, Ont.

BEET PICKLE.—1 quart beets boiled and chopped fine, 1 pint celery chopped fine, 1 small head cabbage chopped fine, 2 cups granulated sugar, 1 tablespoon salt, 1 teaspoon black pepper, 1 cup grated horseradish, ¼ teaspoon cayenne pepper; cover with cold vinegar and keep from the air.—Mrs. H. Pullin, Currie's Crossing, Ont.

PICKLED BEETS.—Take young beets, cook till tender, peel, place in bottles whole, pour over hot vinegar and seal. Will keep 2 years. Any spices liked may be used, I only add a little sugar. If too large may be sliced or quartered.—MRS. RICHARD FLEMING, Kingston Mills, Ont.

PICKLED BEETS FOR WINTER USE.—2 cups vinegar, 2 cups sugar, 1 cup water, boil together; boil beets, slice into sealers and pour liquor over while all is hot.—MRS. W. H. JOHNSTON, Pefferlaw, Ont.

BOTTLED PICKLES.—Take small cucumbers and pour boiling water over them and let stand for four hours. To 1 gallon vinegar take 1 cup salt, 1 cup brown sugar, 1 teaspoon alum, spices to suit taste; let come to a boil, put cucumbers in bottles, pour the boiling vinegar over them and seal.—MRS. J. HAMMOND, St. Williams, Ont.

CHOPPED PICKLE.—1 head cabbage, 1 bunch celery, 3 large green cucumbers, 12 medium green tomatoes chopped fine; cover with vinegar, put on stove and simmer well, then put in ½ pound of mustard, tumeric, salt, sugar to taste, some black and red pepper, simmer 20 minutes.—MRS. ALBERT ARCHER, Saurin, Ont.

GOOD CHOPPED PICKLE.—12 onions, 12 green tomatoes, 12 apples, all uniform size chopped; cover with vinegar, add 3 cups sugar (granulated), 2 tablespoons mustard.—MRS. ALBERT T. TWISS, Courtland, Ont.

CHOPPED PICKLE.—1 gallon green tomatoes chopped fine, 1 gallon cabbage, ½ gallon onions, everything measured after chopping; 2 dozen large green peppers, 1 dozen large red peppers, also chopped; put all together in a vessel, cover with salt, let stand over night; next morning put all in a bag and drain 24 hours; after draining, add 1 pint white mustard seed, boil 1 gallon vinegar with 1¾ pounds brown sugar;

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while boiling hot pour over chopped ingredients, put all on the stove together and cook a few minutes.—Mrs. F. L. Cole, Markham, Ont.

MUSTARD CUCUMBER PICKLES.—1 gallon cider vinegar, ⅓ cup cloves, 4 tablespoons salt, ⅓ cup mustard, 2 tablespoons tumeric, 2 tablespoons curry powder, 1 cup brown sugar, thicken with flour, mix all together, bring to a boil, add cucumbers which have been soaked in brine over night, cook 5 minutes.—Cora E. McNally, Inwood, Ont.

CUCUMBER PICKLE.—12 large cucumbers, 6 large onions; peel and slice and sprinkle with salt; let stand over night, then drain, put in kettle and cover with vinegar; let boil until tender, then add 2 cups sugar, 1 tablespoon mustard, ½ teaspoon tumeric, 2 tablespoons flour; mix with cold vinegar and stir in pickle.—Mrs. Frank G. Ham, Claremont, Ont.

2.—6 dozen small cucumbers, 1 quart onions after sliced, 5 cents mustard seed, 5 cents celery seed, 2 ounces of olive oil, 1 teaspoon tumeric, 1 teaspoon cayenne, 1 tablespoon mustard, 1 tablespoon curry powder, 3 cups brown sugar, 3 pints vinegar; slice cucumbers and onions fine, sprinkle cup salt over and let stand over night, then drain, then add vinegar and all the ingredients; boil 10 minutes and bottle.—Miss Rose Coleman, Mountain, Ont.

LARGE CUCUMBER PICKLE.—To 1 quart vinegar put ½ cup flour, 2 tablespoons mustard, sugar, red pepper, and celery seed to taste; peel and slice cucumbers, onions, and small tender corn cobs the night before in not too strong salt and water; drain in the morning, put vinegar on to boil, mix mustard, flour and sugar to a paste, then add to hot vinegar and let boil up; add onions, etc., stirring till the whole comes to a boil.—Mrs. W. Leach, Duntroon, Ont.

SWEET PICKLED CUCUMBERS.—Peel and seed 6 pounds ripe cucumbers, 1 pound brown sugar, 1 teaspoon each cloves, allspice, cinnamon and black pepper,

2 tablespoons salt, cover with vinegar; boil together till tender.—E. S. COTTON, St. George's Channel, Richmond Co., N.S.

RIPE CUCUMBER PICKLE.—1 quart ripe tomatoes chopped, 1 quart chopped ripe cucumbers, 1 pint onions, 2 cups sugar, 1 pint vinegar, boil 1 hour, then add 1 tablespoon flour, 1 tablespoon salt, ½ tablespoon tumeric powder, 2 tablespoons mustard, mix in a little vinegar and add to the bulk, boil for a few minutes.—MISS FLORENCE CAMPBELL, Holly, Ont.

2.—20 large cucumbers, 8 large onions, 1 tablespoon pepper, 1 tablespoon mustard, 1 tablespoon tumeric, 2 cups brown sugar, enough vinegar to cover, simmer for 30 minutes. The night before you wish to do up the pickle secure your cucumbers and onions, peel and take out all the seeds from cucumbers, then chop fine and let stand in an earthen or granite vessel in weak vinegar and water and salt over night.—MISS JESSIE I. FIDGHETT, Manchester, Ont.

3.—Take 30 large cucumbers, use just firm part, 15 onions, 2 large head of cabbage, chop all as fine as mincemeat, put into salt water over night; in the morning drain off the water, put the mixture on the stove with 1 gallon white wine vinegar, 3 pounds sugar, ¼ pound mustard, 1 ounce celery seed, ½ cup white pepper, ½ cup cinnamon, ½ cup tumeric; bring to a boil, then pack in jars. Excellent.—M. MCQUAID, Martin Farm P.O., Ont

4.—Take ripe cucumbers, peel them, cut lengthwise, take out seeds, soak in salt and water 24 hours, then take them out and wash them, soak them in vinegar and water for 6 hours, drain then, and make a syrup of 1 pound sugar and 1 quart vinegar; flavor with oil of cloves and oil of cinnamon; boil till tender.—MRS. F. G. BELL, Shrigley, Ont.

5.—12 ripe cucumbers, cut lengthwise, taking out all seeds, then slice very thin across each piece, having previously peeled them; 8 large onions cut in slices, put a layer of each and sprinkle with salt, letting stand

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2 hours, then drain through a colander; put in a kettle with barely enough vinegar to cover and add 1 tablespoon white pepper, 1 tablespoon mustard, 1 tablespoon tumeric powder, 1 tablespoon flour, 3 cups white sugar, mixing all with a little vinegar; boil slowly ½ hour.—MRS. WALTON, Cedar Mills, Ont.

CURRIE PICKLES.—1 pint vinegar, 1 tablespoon currie powder, 1 tablespoon mustard, 1 tablespoon black pepper, 1 teaspoon tumeric, 3 cups sugar, 1 dozen large cucumbers, 1 dozen onions; slice and sprinkle with salt, let stand over night and drain thoroughly in the morning, add the sugar and spices, let it cook until tender.—MRS. MARCHMOUNT SMITH, care C. Baldwin, Scotland, Ont.

A FAVORITE PICKLE.—Chop fine equal parts of cabbage, cold boiled beets and any pieces of celery; boil until cabbage is tender; add for every quart 1 cup vinegar, ⅔ cup sugar, ⅓ cup grated horseradish, spice to suit taste, and let boil a few minutes longer; use as cold pickle when wanted.—MRS. TILLMAN MYERS, Zephyr, Ont.

FAVORITE PICKLES.—1 quart of raw cabbage chopped fine, 1 quart boiled beets chopped fine, 2 cups sugar, tablespoon salt, 1 teaspoon white or black pepper, ¼ teaspoon red pepper (the pods can be used), cover with cold vinegar and keep from the air, slice horseradish and place on top of pickles, as it keeps it from molding, and enough of the radish permeates the whole to give it a pleasant flavor, which cannot be said of it when grated. These pickles are delicious and appetizing.—MRS. WILLIAM BARNET, "Spring Bank Farm," Living Springs P.O., Ont.

FRENCH PICKLES.—1 peck green tomatoes, 6 onions, 4 green peppers, chop fine together and add 1 teacup of salt; let stand over night and then drain off all water, add ½ cup vinegar, 2 pounds sugar, 1 teaspoon each of mustard, ginger, cloves, and caraway if desired, and 2 tablespoons cinnamon; boil 1 hour.—MRS. WILSON KENNEDY, Eden, Ont.

2.—Slice 1 peck green tomatoes, sprinkle 1 cup salt, leave over night, drain well and add 2 quarts water and 1 pint vinegar; boil 15 minutes, drain again, and add 2 quarts vinegar, 2½ pounds brown sugar, 2 tablespoons each of the following, all ground: mustard seed, allspice, ginger, mustard, cloves, 2 large tablespoons cinnamon, mix and boil 15 minutes.—Mrs. Richard Fleming, Kingston Mills, Ont.

3.—1 colander of sliced green tomatoes, 1 quart of onions, 1 colander pared and sliced cucumbers, 2 handfuls salt, stand 24 hours, drain, add celery seed, allspice, each ½ ounce, 1 teaspoon tumeric, 1 pound brown sugar, 2 tablespoons mustard, 1 gallon vinegar.—Mrs. J. J. Wilson, Milton, Ont.

EAST INDIA PICKLE.—½ peck sliced green tomatoes, ½ peck white onions, 25 small cucumbers, 2 heads cauliflower, cut up all and sprinkle with salt, and let stand over night, then drain, mix ½ cup grated horseradish, ½ ounce tumeric, ½ ounce ground cinnamon and cloves, 1 ounce pepper, 1 pint ground mustard, 1 pint brown sugar, 2 bunches chopped celery, cover with vinegar and boil slowly 2 hours.

INDIAN PICKLE.—Peel and core 12 apples, peel 12 tomatoes, 9 onions; boil into 1 quart vinegar, 2½ cups brown sugar, 1 teaspoon mustard, 1 teaspoon ginger, 1 teaspoon cloves, ½ teaspoon red pepper; salt to taste.—Miss Alma Hamilton, Brougham, Ont.

2.—2 quarts best vinegar, 1 ounce whole ginger (bruise it), 1 ounce whole allspice, 1 ounce tumeric powder, ¼ ounce chillies, ¼ pound mustard, ¼ pound salt, ½ pound sugar; boil all together 15 minutes, put in a crock, add cucumbers, onions, cauliflower, as gathered; stir occasionally. To insure perfect keeping rescald liquid in 3 weeks' time, after last pickles are added, and pour over when cool.—Mrs. Will. Doherty, Agincourt, Ont.

GERMAN PICKLES.—1 peck green tomatoes, 2 large white cabbages, 1 dozen large onions, chop all fine, sprinkle with salt, hang up in a sack over night;

Cowan's Perfection Cocoa makes sturdy children

in the morning put in a large granite kettle or boiler, and add the following: 1 teaspoon each of tumeric and celery seed, 1 tablespoon each of cloves, cinnamon, allspice, cayenne and red pepper, ¼ pound mustard, 2 pounds brown sugar, almost cover with vinegar; boil 2½ hours. To prevent burning, do not put in brown sugar until nearly done.—Mrs. J. J. Gallaher, Everett, Ont.

MANITOBA PICKLES.—1 dozen cucumbers (table size), pare and slice in ¼-inch rings; 1 dozen onions, or equal quantity; let stand for 24 hours in weak brine. Dressing—1 pint vinegar, 2 cups brown sugar, 1 tablespoon mustard, 1 dessertspoon tumeric, 1 dessertspoon curry powder; dissolve in cold vinegar. Heat together until boiling and well blended, then put in pickles that have been well drained and allow to come to a scald. Bottle hot.—Miss Arenda Howe, Napanee, Ont.

MIXED PICKLES.—2 dozen large cucumbers, peel and slice across; 6 large onions, sliced; salt and let stand over night, drain off the brine, add 1½ cups sugar, 1 tablespoon tumeric, 2 tablespoons mustard seed, red pepper to taste; cover with vinegar and let simmer 15 minutes.—Mrs. Andrew Penny, Milliken, Ont.

2.—1 peck vegetables, onions, cucumbers and cauliflower; soak in brine made with 1 cup salt over night. In morning wash in cold water, put in kettle and almost cover with vinegar and add ¼ pound whole mixed spice, 2 tablespoons tumeric powder, 3 cups white sugar. Bring to boiling point and bottle.—Mrs. Bedford Savage, Box 396, Oakville, Ont.

MOTHER'S FAVORITE PICKLE.—2 quarts raw cabbage chopped fine, 2 quarts boiled beets chopped fine, 2 cups grated horseradish, 4 cups brown sugar, 2 tablespoons salt, 2 teaspoons black pepper, a little cayenne pepper. Cover with cold vinegar and put in jars, airtight. It is best to put the cabbage, beets and horseradish through a food chopper.—Mrs. Ed. Gibson, Claremont, Ont

Also sent by Mrs. W. J. DeWitt, Greenwood, Ont.; Miss E. Frances Thompson, Ambrose, Ont.; Mrs. S. H. Nelson, Mono Road, Ont.

CREAM MUSTARD.—Put good half cup vinegar on the stove to boil; mix 1 tablespoon dry mustard, 1 teaspoon salt, 2 eggs, and ½ cup sweet cream; beat this well and pour into boiling vinegar, and stir whole mixture over boiling water until like thick cream. This quantity will make large cupful. Good with any kind of cold meats or chicken.—Mrs. Frank Wilson, Danforth, Ont.

FRENCH MUSTARD.—Slice up a good-sized onion and cover it with cold vinegar. After it has stood for an hour, pour off the vinegar, add a little cayenne pepper and salt, and a teaspoon sugar, and mustard enough to thicken. Mix and set on the stove and stir until it boils.—Mabel C. Gilhuly, Markham, Ont.

TOMATO MUSTARD.—1 peck ripe tomatoes, ¼ pound salt, 1 pound cooking sugar, ½ pound mustard, 1 ounce whole black pepper, 1 ounce allspice (whole), 1 ounce cloves (whole), 1 ounce ginger root pounded, 1 onion chopped fine, 1 teaspoon curry, 1 quart vinegar. Strain the tomatoes after boiling; tie all the spices and the onion in a muslin cloth; boil these together 1½ hours, then add the vinegar, with the mustard rubbed perfectly smooth in the vinegar, and boil 20 minutes longer.—Mrs. E. D. Brooks, Thamesville, Ont.

2.—12 apples, 12 onions, 12 tomatoes; boil all together till soft, and put through a sieve, then add 1 pint vinegar, 1 tablespoon mustard, ½ cup salt, ½ teaspoon cayenne pepper, 1 teaspoon cinnamon, ½ teaspoon cloves, 2 cups sugar. Set on stove, heat up and bottle. —Mrs. Fred. Martindale, Mount Healy, Ont.

MUSTARD PICKLE DRESSING.—Dressing for 2 quarts of pickles: 2 tablespoons flour, 2 teaspoons mustard, 1 small teaspoon tumeric, ½ teaspoon celery seed, 1½ cups brown sugar, 1 quart vinegar. Mix all together to a smooth paste, then stir in pickles; let boil for

WHITE SWAN SPICES guaranteed under Government warranty

10 minutes. Bottle while hot.—LULU HUFF, Kent Bridge, Ont.

MUSTARD PICKLES.—4 quarts cucumbers, ½ peck pickling onions, 4 heads cauliflower, 4 green peppers, 7 cups brown sugar, 1 gallon cider vinegar. Mix ½ pound mustard, 1 cup flour, 1 ounce curry powder, 1 ounce tumeric, with cold vinegar; stir into the boiling vinegar; when it thickens put in the vegetables and cook slowly ¾ hour.—MRS. J. HARSHAN.

2.—1 quart cucumbers, 2 quarts onions, 1 quart green tomatoes, 2 heads cauliflower, 6 green peppers, ½ pound mustard, 4 cups brown sugar, 1 cup flour. Soak pickles in water over night; 1 cup salt to 1 gallon water, then scald in 1 gallon vinegar; let boil. Make a paste of the mustard and flour with vinegar; stir into the boiling vinegar to thicken.—MRS. ERNEST HYSOP, Killarney, Man.

3.—2 cups vinegar, 1 teaspoon tumeric powder, 1 tablespoon mustard, 1 tablespoon flour, 1 cup sugar, a little pepper, cayenne or ginger. Thicken over fire. Have ready small green cucumbers, and put in as many as pickle will cover, let boil up a few minutes on back of range. This may be made in winter with cucumbers taken from brine and freshened. Also from sliced cucumbers.—MRS. W. DROPE, Harwood, Ont.

4.—2 quarts green tomatoes, 1 quart small onions, 2 quarts cucumbers, 2 quarts cider vinegar, 1 cup brown sugar, 2 tablespoons mustard, 2 tablespoons flour, ½ ounce red pepper, 1 ounce tumeric powder. Cut tomatoes and cucumbers up in pieces, sprinkle with salt and let stand over night. Scald in the morning in their own pickle and drain. Pare onions and scald with the rest. While draining, let the vinegar come to a boil, then pour over tomatoes, cucumbers and onions; let stand till next morning, then drain off vinegar and stir to a paste sugar, mustard, tumeric and flour with a little vinegar. Stir well and add to vinegar; when hot add pickles. Stir and scald on top of stove. On no account allow it to boil. —MRS. J. SCOTT LAMONT, Highland Farm, Billtown, N.S.

TOMATO MUSTARD PICKLE.—4 quarts green tomatoes, 2 quarts green cucumbers, 1 quart onions, 1 quart cauliflower, 2 bunches celery, 3 green peppers. Slice all very fine, sprinkle with salt; let stand over night. In the morning scald in the same water and then drain well. Liquid.—Boil ½ gallon vinegar, 4 tablespoons mustard, 1 tablespoon tumeric, 1 cup flour, 4 cups white sugar, then add the pickles; let all come to a boil, then seal, airtight.—W. RICHARDSON, Ellesmere, Ont.

MUSTARD PICKLES.—½ gallon vinegar, ¼ ounce mustard seed, 3 cups sugar, ¼ ounce celery seed; make paste of ⅔ cup flour, ⅛ pound mustard; mix with 1 quart cucumbers (whole), 1 quart onions, 1 cauliflower broken up, 1 bunch celery broken up, 1 quart cucumbers chopped, 1 quart onions chopped, 1 cauliflower chopped, 1 bunch celery chopped, scald in salt water. Let cook up good before sealing.—MISS MARY ANDERSON, Bealton, Ont.

PINK PICKLES.—1 quart beets cooked and ground, 1 quart cabbage ground fine, 1 cup grated horseradish, 1 cup sugar, 1 tablespoon salt, pepper to taste; cold vinegar to cover.—MRS. FRANCIS WHARRAM, Wheatley, Ont.

QUEEN OF PICKLES.—2 quarts white onions, 2 quarts green tomatoes, 2 quarts green cucumbers, 2 large cauliflowers, 1 bunch celery, 1 dozen green peppers and some cayenne; cut up and sprinkle salt on over night, drain off brine and cook all the above in vinegar until tender, not soft; strain off vinegar and add to it 4 cups brown sugar, ½ cup flour, ½ cup mustard, 1 ounce tumeric, 1 egg, 1 tablespoon butter; boil egg, vinegar, butter, mustard and flour together, being careful not to burn; turn on vegetable and bottle. —MRS. EDWIN B. KEARNS, Zimmerman, Ont.

RED PICKLE.—1 quart raw cabbage chopped fine, 1 quart boiled beets chopped fine, 1 cup grated horseradish, 1 cup sugar, 1 tablespoon salt, 1 tablespoon black pepper, ¼ teaspoon red pepper; cover with vinegar.—MRS. F. E. WAGG, Uxbridge, Ont.

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GREEN TOMATO SALAD.—1 quart onions, 1 quart green tomatoes, 1 quart cucumbers, 1 head cauliflower, 3 red peppers, 3 heads celery chopped fine and mixed together, add cup of salt, let stand over night, in the morning cook in the brine. Dressing: ¾ cup mustard, ½ cup tumeric powder, ½ ounce butter, 1 egg, 1 cup coffee, sugar, 3 quarts of vinegar; cook and stir in other. —Mrs. Frank McKean, Box 1219, Saskatoon, Sask.

SPICED GREEN TOMATOES.—32 tomatoes chopped fine, 6 cups brown sugar, boil 1¼ hours, add 1 quart vinegar, 1 teaspoon each mace, cloves and cinnamon; boil 15 minutes, cool, place in jars.—Mabel Ingram, Aylmer, Ont.

GREEN TOMATO PICKLE.—4 quarts green tomatoes, 1 head cabbage, 1 head cauliflower, 1 bunch celery, 6 large cucumbers, 6 onions, 6 teaspoons mustard, 1 teaspoon tumeric powder, ½ cup flour, 2 cups sugar, 2 quarts vinegar.—Miss Sadie Stewart, Glasgow, Ont.

2.—1 peck green tomatoes sliced, 6 onions sliced, 1 cup salt, let stand over night and drain in the morning; add 2 quarts vinegar, 2 pounds sugar, 2 tablespoons each of cloves, cinnamon, mustard seed and ginger, 6 green peppers chopped fine; boil 2 hours and put in stone jars.—Mrs. J. H. Gloves, Forks Road, Ont.

3.—Slice 1 peck green tomatoes and 6 large onions, sprinkle on 1 cup salt and let remain over night; in the morning drain through a colander; take 2 gallons vinegar, 2 pounds sugar, 2 ounces white mustard seed, 2 tablespoons each of cinnamon, ginger and cloves, ½ teaspoon cayenne pepper; boil all gently 15 minutes and pour over tomatoes and onions.—Lila Burr, Park Hill, Ont.

GREEN TOMATO SPICED PICKLE.—Take 14 pounds of green tomatoes and 6 large onions, slice them both and sprinkle with a cupful of salt and allow it to stand over night; in the morning drain and add 2 quarts of water and 1 quart of vinegar; boil 15 minutes, then drain again, throwing away the water and vinegar;

add 2 quarts of fresh vinegar, 2 pounds sugar, 1 ounce each of cloves, whole ginger, allspice, mustard and cinnamon, 1 saltspoon cayenne pepper; tie the spice in a muslin bag, boil for 15 minutes, pour in earthenware or glass jars and tie down when cold.—Miss Bella Campbell, Barrow Bay P.O., Ont.

SPANISH PICKLE.—2 gallons green tomatoes, 12 onions, 3 cups sugar, 1 quart vinegar, 2 tablespoons mustard, 2 tablespoons salt, 1 teaspoon pepper, 1 teaspoon cinnamon; chop fine and cook 1 hour.—Miss M. Mellow, Gretna, Lennox Co., Ont.

SWEET CORN PICKLE.—Take 12 ears of corn and cut grain from cob, add 1 small head of cabbage, 2 cups granulated sugar, 1 teaspoon tumeric, 4 onions, 2 tablespoons salt, 2 red peppers, 1 tablespoon mustard, 1 tablespoon flour, and 1 quart vinegar; chop all fine and cook ½ hour. Seal while hot.—Mrs. Solomon Nickel, Listowel, Ont.

TUMERIC PICKLES.—4 quarts large green cucumbers peeled and sliced about ½ inch thick, soak in brine over night, drain them and scald well in about equal parts of vinegar and water until they look a little cooked, then drain, put on clear vinegar, add 4 large onions sliced, cook until tender. Stir up 2 tablespoons mustard, 3 tablespoons flour, ¼ teaspoon tumeric, 1 cup sugar in a little water, pour in the boiling pickles, stirring constantly until it thickens; seal while hot.—Mrs. D. Soper, Straffordville, Ont.

VARIETY PICKLE.—2 quarts green tomatoes, 4 quarts cabbage, 1 quart onions, 4 green peppers, all chopped fine; 1 ounce celery seed, 1 ounce tumeric powder, 2 tablespoons cinnamon, 2 tablespoons cloves, 2 tablespoons allspice, 2 tablespoons salt, 2 pounds sugar, 1 gallon vinegar; cook until tender.—Mrs. Roy Andrews, St. Williams, Ont.

WHITE PICKLE.—Peel and slice 12 large cucumbers and 12 onions, sprinkle with salt, and let stand over night; in the morning drain, then cover with

WHITE SWAN LYE tins contain more weight than others for the same price

vinegar, put in ½ cup sugar, 2 teaspoons tumeric and mustard, and white pepper; cook ½ hour.—Mrs. Thos. Pilkey, Wexford, Ont.

COLD CATSUP.—1 peck ripe tomatoes, 10 onions, 4 heads celery, 3 red peppers, chop onions and tomatoes fine, put in a cup of salt, let stand all night, then drain as dry as possible, then chop celery and peppers together and add 10 cups coffee sugar, 1 tablespoon cinnamon, 1 tablespoon cloves, 1 tablespoon allspice, 1 tablespoon black pepper, 1 quart vinegar; mix and bottle.—Mrs. Frank Flanders, Bealton, Ont.

2.—½ peck ripe tomatoes, skinned and chopped fine, 1 cup grated horseradish, 1 small cup salt, 1 cup mustard seed, 2 tablespoons black pepper, 2 red peppers, cut fine, without seeds, 1 ounce celery seed, 1 cup chopped onions, teaspoon each of ground cloves and mace, 2 teaspoons of cinnamon, 1 cup brown sugar, 1 quart best cider vinegar; mix all well together without boiling, put away in small jars, it can be used at once.—Mrs. Wm. Perritt, Thamesville, Ont.

CUCUMBER CATSUP.—1 quart grated large cucumbers without seeds or peel; after they have been drained, add 1 pint chopped onions, 1 green pepper chopped, 6 teaspoons (small) salt, 2 teaspoons black pepper, 1½ pints vinegar. Mix all together and bottle. Do not drain too dry. I use 4 or 5 small red peppers, whole, or sometimes more, instead of the large green peppers.—Mrs. Edgar S. Patterson, Sussex, King's Co., N.B.

MUSTARD CATSUP.—1 gallon tomato juice, 1 pound cooking sugar, ½ pound mustard, 1 teaspoon each of cloves, ginger, pepper, salt to taste. Boil 30 minutes. —Mrs. Thos. E. Martin, Box 441, Thamesville P.O., Ont.

RED CATSUP.—Juice of 1 peck ripe tomatoes; to 2 quarts of juice add ½ cup cooking sugar, ½ cup vinegar, salt to taste, ½ teaspoon ginger, ½ teaspoon cayenne pepper, 3 tablespoons mixed spice tied in a bag, and boil 3 hours. Good.—Mrs. Thos. E. Martin, Box 441, Thamesville P.O., Ont

RAW TOMATO CATSUP.—1 peck ripe tomatoes peeled and sliced, sprinkle with 1 cup salt, alternately; let stand over night, then drain, put through colander and add 1 tablespoon pepper, 1 pound brown sugar, 1 quart good vinegar. Bottle for use.—Mrs. Menno Smith, Edgeley, Ont.

RAW CATSUP.—1 peck ripe tomatoes, peel and slice; strain in 1 cup salt in alternate layers of tomatoes. Let stand over night, then drain off all the juice, chop fine, then add a tablespoon pepper and other spices if you wish, a little cayenne pepper, 1 pound sugar, 1 quart good vinegar. Bottle for use. Strain if desired. Excellent.—Mrs. W. Leach, Duntroon, Ont.

TOMATO CATSUP.—To a ½ bushel of skinned tomatoes, add 1 quart of good vinegar, ½ pound salt, ¼ pound black pepper, 1 ounce African cayenne, ¼ pound allspice, 1 ounce cloves, 3 boxes mustard, 20 cloves of garlic, 6 good onions, 2 pounds brown sugar, and 1 handful of peach leaves. Boil this mass for 3 hours, constantly stirring it to keep it from burning; when cool, strain it through a fine sieve and bottle it for future use; it will improve by age.—Mrs. L. D. Hubbell, Box 242, Thamesville, Ont.

2.—1 peck ripe tomatoes, 6 onions, boil together, then put through colander; add ½ ounce allspice, ½ ounce cloves, ½ ounce ginger, 4 ounces salt, 4 ounces mustard, 1 pound brown sugar, 2 or 3 red peppers, 1 quart cider vinegar, 1 ounce black pepper. Boil 1½ hours.—Mrs. Amos Crittenden, Keswick, Ont.

Also sent by Miss Anna May McGarry, McGarry P.O., Ont.; Mrs. E. C. Maguire, R.R. 3, Yarmouth Centre, Ont.

3.—1 gallon tomatoes, 1 quart vinegar, 1 pound brown sugar, 4 tablespoons salt, 3 tablespoons red peppers, 3 tablespoons mustard, 1 ounce whole cloves, 1 ounce whole allspice, 2 ounces ginger. Boil 2 hours and strain.—Mrs. E. C. Maguire, R.R. 3, Yarmouth Centre, Ont.

Try Cowan's Perfection Cocoa for Breakfast—Luncheon—Tea

TOMATO CHUTNEY.—10 pounds ripe tomatoes, 3 pounds ripe apples, 2 pounds sugar, 1 pound raisins, 1 nutmeg grated, 1 ounce ginger, ½ ounce of cayenne pepper, 1 ounce allspice, 3 lemons, 2½ quarts vinegar, 1 large onion. Boil tomatoes, apples, raisins and lemons together, strain and add vinegar and spice. Tie the spice in muslin bags.

BENGAL CHUTNEY.—1 pound brown sugar, ½ pound salt, ¼ pound mustard seed, ½ pound onions chopped very fine, ½ pound stoned raisins chopped fine, ¼ teaspoon red pepper, heaping teaspoon ginger, 2 ounces ground mustard, 1 ounce tumeric. Pare and quarter and core 13 large apples, peel 9 large tomatoes; cook and put through colander. Boil the mustard seed in 3 pints good vinegar, strain out the seed and add vinegar, add the spices to the pulp and boil all together, stirring constantly to prevent burning. Lastly, add the tumeric. When cold, bottle. An excellent keeper; requires no sealing, just cork.—Mrs. L. White, Greenwood, Ont.

CHOW CHOW.—1 peck green tomatoes, 6 large onions, 4 peppers, 1 head of cabbage, 3 pounds sugar, 1 teaspoon cinnamon, cloves and allspice, vinegar to cover. Cook until tender.—Mrs. John Hill, Windham Centre, Ont.

2.—2 quarts small onions, 2 quarts green tomatoes, 2 quarts cucumbers, 2 heads cauliflower, 4 heads celery, 1 dozen green peppers. Cook all together in salt and water until tender, not soft.—Mrs. Wilbert Capling, Boston, Ont.

JIM JAM.—15 large cucumbers (green), 15 large green tomatoes, 2 heads cabbage, 2 heads celery, 1 pint horseradish. Chop up fine as mincemeat and as you chop, sprinkle with salt; when it is all chopped, drain off the water, then add ½ gallon vinegar, 3 pounds brown sugar, 1 small tin mustard, 1 tablespoon black pepper, 2 tablespoons tumeric, ¼ teaspoon cayenne. Boil 25 minutes; stir to prevent burning; seal tight.—Mrs. Richard Hallett, Udora, Ont

PEPPER HASH.—½ dozen peppers, ½ dozen onions, chop fine, add ½ cup salt and let drain over night, 1 head cabbage chopped fine. Mix the whole together and cover with vinegar; ½ cup white mustard seed, 1 tablespoon celery seed, sugar enough to suit the taste. Let come to a boil.—Mrs. C. T. Cook, Forestville, Ont.

PICALLI.—2 gallons cabbage chopped fine, 1 gallon green tomatoes chopped fine and drained, 12 large onions chopped fine, 1½ pounds brown sugar, ¼ pound mustard seed, 1 ounce each of celery seed, cloves, allspice, pepper and tumeric, 1 gill salt, 1 gallon good vinegar. Boil 30 minutes slowly. These proportions are just right for three gallons of pickle. The tumeric preserves the color of the cabbage, tomatoes and onions and is not as good without it. This pickle seems to be a favorite with many.—O. G. Nighwander, Atha, Ont.

2.—Green tomatoes cut fine, with cabbage, onions and celery, then put on stove with vinegar, sugar, spices, pepper, and 1 cup of horseradish; boil until cooked.—Mrs. Chas. A. Mason, Ellesmere, Ont.

CELERY RELISH.—1 dozen bunches celery cut fine, 2 quarts vinegar, 1 small tin mustard (½ pound), 2 ounces curry powder, 1½ pounds sugar, 3 tablespoons flour, 2 red peppers and salt to taste; let vinegar come to the boil and keep simmering; mix mustard, curry powder, and flour separately in a little vinegar. Be sure they are very smooth; put the flour in the hot vinegar first, then add the mustard and curry powder and chopped peppers; add the celery and boil all for 10 minutes. Be sure it is not lumpy before adding the celery. Put away in jars.—Mrs. J. H. Wheaton, Thorndale, Ont.

CUCUMBER RELISH.—9 large green cucumbers peeled, 4 large onions; let cucumbers stand in brine 4 hours, then chop fine with onions, 1½ pints vinegar, 2⅓ cups granulated sugar, ½ cup flour, 1 tablespoon celery seed, 2 tablespoons mustard; cook together as

WHITE SWAN SPICES most economical and sure

for salad dressing, then add cucumbers and onions and cook for 5 minutes.—Mrs. James A. Street, Box 227, Thamesville, Ont.

ENGLISH RELISH.—4 large green cucumbers, 1 cauliflower, 6 large onions, 2 green peppers; cut all these up fine and let stand in salt water 5 hours. Take out and drain and put in a kettle with a quart of vinegar, and 1½ cups sugar. Cook briskly for 15 or 20 minutes, then take for dressing 1 dessertspoon tumeric, 1 dessertspoon salt, 1 dessertspoon celery seed, 1 teaspoon pepper, 1 tablespoon flour, 1 tablespoon mustard.—Miss I. McMillan, Fingal, Ont.

INDIAN RELISH.—1 peck green tomatoes, 2 large onions, 2 heads cabbage; chop all fine and sprinkle with salt, stand over night and drain; add 3 pounds brown sugar, 1 cup grated horseradish, 2 tablespoons mustard, 4 tablespoons celery seed, 1 tablespoon ground mace; cover with vinegar and boil slowly 1 hour.—Mrs. Fred. Prophett, Atherly, Ont.

QUEEN'S RELISH.—Sprinkle with salt and let stand over night, next morning drain, 1 peck green tomatoes, 2 heads cabbage, 3 or 4 green cucumbers, 8 or 10 large onions, 5 or 6 green peppers; chop all fine and let stand over night, then drain next morning, cover with vinegar, and add 2 pounds sugar, 2 tablespoons mustard, 2 tablespoons curry powder, 2 tablespoons tumeric, 1 teaspoon cinnamon, 1 teaspoon cloves. Use celery seed and pickling spice to suit taste. Tie in a cloth and cook tender.—Mrs. Wm. Walker, Vanessa, Ont.

TOMATO RELISH.—1 dozen large ripe tomatoes, 3 large onions cut up fine, add salt to taste, ¾ cup brown sugar, 1 tablespoon each ginger and cinnamon, 1 cup vinegar, boil 2 hours. Good.—Mrs. W. T. Dobson, 409 Barton St. East, Hamilton, Ont.

A TOMATO RELISH.—1 peck ripe tomatoes, 6 peppers, 6 large onions, all chopped fine; let drain for several hours, 4 cups celery, 1 cup horseradish, 1 quart

vinegar, ½ cup salt, 2 ounces celery seed, 2 pounds sugar. This is not cooked; bottle tight.—Mrs. E. C. Smith, Box 447, Simcoe, Ont.

2.—30 ripe tomatoes, 12 sour apples, 10 onions, 6 peppers, 5 tablespoons salt, 1 pint vinegar, sugar and cinnamon to taste; scald and skin tomatoes, pare and core apples, peel onions, remove seeds of peppers; chop all fine, mix thoroughly and stew slowly 1½ hours.—Mrs. R. E. Bowen, Jaffa, Ont.

BORDEAUX SAUCE.—1 peck green tomatoes, 2 small heads cabbage, chop fine, let stand in salt over night, 10 large onions, 5 hot peppers, 1 ounce celery seed, ½ ounce mustard seed, 1 ounce tumeric powder, 3 pounds granulated sugar, ½ cup salt, 3 quarts vinegar; boil slowly 2 or 3 hours.—Mrs. Elgin Hyde, Bealton, Ont.

2.—1 gallon green tomatoes, 1 large cabbage, 10 onions, 4 green peppers and 2 heads celery; chop all fine and mix with 1 teacup salt; let stand 1 hour, then drain and put in a kettle with ½ ounce tumeric, ¼ pound mustard seed, 2 pounds brown sugar, and 1 gallon vinegar; boil and seal.—Mrs. Chas. Miller, Mount St. Louis, Ont.

BALTIMORE SAUCE.—1 gallon green tomatoes, 10 large onions cut fine, peel and slice tomatoes, sprinkle 1 cup salt, let stand over night, drain off water, then add onions, 1 head cabbage cut fine, 1 teaspoon tumeric powder, 1 teaspoon celery seed, 2 teaspoons mustard seed, 1½ pounds brown sugar, 3 pints vinegar; mix well and boil 1 hour; just before bottling add 1 cup horseradish grated.—Mrs. Jas. F. Ehrhardt, Hespeler, Ont.

CELERY SAUCE.—20 large tomatoes skinned and sliced, 2 bunches celery, 4 large onions, all chopped fine, and juice drained off; add 2 cups sugar, 1 cup vinegar, 1 teaspoon cinnamon, red pepper, ¼ teaspoon mustard; should be boiled about 2 hours and bottled.—Mrs. Wm. Gordon, Jarratt, Ont.

Give the children Cowan's Maple Buds

2.—4 pounds tomatoes, 2½ pounds celery, 9 teaspoons salt, 6 teaspoons ground pepper, 2½ teaspoons cinnamon, 6 teaspoons mustard, ½ pound white onions, 2 pounds sugar, ½ teaspoon cayenne pepper, 1 quart vinegar; chop celery and onions, peel tomatoes, cook until tender, strain and add all the other ingredients; cook until celery is tender.—MAUDE WHEELER, Agincourt, Ont.

CHILI SAUCE.—Take 2 dozen large ripe tomatoes, scald and skin and cut into quarters, 6 large sour apples, 6 onions, and a large head of celery; cut the apples, onions and celery into thin slices and put all into a kettle together with 1 pint cider vinegar and 2 cups brown sugar; add salt and pepper to taste. Cook until tender (about 1½ hours), and seal hot.—MRS. W. P. REID, Churchill, Ont.

2.—30 ripe tomatoes, 10 large onions, 8 red peppers, 6 cups vinegar, 20 tablespoons sugar, 5 tablespoons salt. Chop fine and boil 1 hour.—MRS. JOHN HILL, Windham Centre, Ont.

3.—4 quarts tomatoes, 2 pounds sugar, ¾ pound raisins chopped, 2 cups stewed apples, 2 tablespoons allspice, ½ tablespoon cloves, ½ tablespoon cinnamon, 4 tablespoons ginger, salt. Boil 1 hour.—MRS. WILBERT CAPLING, Boston, Ont.

4.—12 large ripe tomatoes, 4 apples, 2 onions, 2 red peppers, chop fine, 4 tablespoons brown sugar, 2 tablespoons salt, 3 cups vinegar, 1 teaspoon cloves, ginger, cinnamon, nutmeg. Boil till soft.—MRS. J. A. MCKAY, Woodbridge, Ont.

CHUTNEY SAUCE (Pickle).—8 sour apples, 8 ripe tomatoes, 8 onions, ½ pint vinegar, 1 tablespoon salt, 1 tablespoon cinnamon, 1 teaspoon red pepper, 1 teaspoon ground cloves, 1 pound stoned raisins, 1 cup sugar.—MRS. C. HARRISON, Myrtle Station, Ont.

COLD SAUCE.—1 peck ripe tomatoes (peeled), 6 large onions (chopped), 3 red peppers, 5 cups grated horseradish, 2 cups brown sugar, 4 cups vinegar (white

wine), less if very strong, 1 teaspoon black pepper, ginger, mustard, cinnamon and cloves. Don't cook this sauce; it will keep in open jars in a cool cellar.—Mrs. M. Crosier, Glen Major, Ont.

CURRY SAUCE FOR MEATS.—1 tablespoon butter, 1 onion cut fine, 1 tablespoon curry powder, 1 tablespoon Chutney sauce, 1 cup stock. Brown butter, add onion and Chutney sauce. Cook thoroughly before adding stock and curry. In this sauce, heat up cooked egg or meat, cut in small pieces, serve with cooked rice.—Toronto Technical College.

DEACON SAUCE.—½ peck green tomatoes, 10 onions, 1 head cabbage, 1 cup salt; let it stand ½ hour and drain well; add 4 green peppers, 2 pounds brown sugar, ½ ounce celery seed, ½ ounce tumeric powder. Boil one hour in vinegar enough to cover.—Mrs. Frank McKean, Box 1219, Saskatoon, Sask.

GOVERNOR SAUCE.—1 peck green tomatoes, 1 quart onions, 5 green peppers; chop fine and press out water; put in kettle, add ½ cup salt, 1 cup sugar, 1 tablespoon each of ground cloves, and cinnamon, 4 cups vinegar. Boil 1 hour.—Mrs. T. J. Wilcox, Springford, Ont.

HAMILTON SAUCE.—30 ripe tomatoes, 12 large apples, 10 large onions, 3 green peppers, 12 tablespoons sugar, 4 tablespoons salt, 1 pint vinegar. Chop fine and cook 1 hour.—Miss Priece, Forestville, Ont.

HICKSON SAUCE.—12 large cucumbers, 3 large onions chopped, 1 green pepper; sprinkle with salt, let stand 24 hours, drain, cover with vinegar.—Mabel Ingram, Aylmer, Ont.

INDIAN SAUCE.—Chop fine 1 quart green tomatoes, 1 quart cabbage and 3 large onions. Take ¼ ounce of each of the following: Tumeric seed, celery seed, small red peppers, white mustard seed, whole cloves, root ginger and allspice. Put all these spices in a bag made of clean muslin and add to vegetables. Then add ¼

DRINK WHITE SWAN COFFEE

quart of strong vinegar and 1 pound of brown sugar. Boil all together for about ¾ hour. This is a very fine relish.—Mrs. John Shaw, Ravenna, Ont.

2.—12 tomatoes, 12 apples, 8 large onions, 2 pounds raisins chopped fine, and boil 1 hour, rub through colander; then add ½ gallon vinegar, 2 pounds brown sugar, ½ pound mustard, 2 teaspoons of allspice, 2 teaspoons ginger, 2 teaspoons cloves, 2 teaspoons cinnamon, 2 teaspoons tumeric, 1 cup salt. Boil ½ hour and stir occasionally.—Mrs. C. W. Macklin, Grafton, Ont.

MUSTARD SAUCE.—12 ripe tomatoes, 12 onions, 12 apples, a little salt, cook well, put through colander; then add ½ pound best mustard, 1 quart vinegar, 2 cups granulated sugar. Boil 10 minutes.—Mrs. L. W. Mitchell, Utica, Ont.

2.—3 eggs, ½ cup white sugar, 1 tablespoon butter, 1 cup vinegar, 1 tablespoon mustard, mix in vinegar, ½ teaspoon salt. Cook in double boiler.—Mrs. Wm. Todd, Lemonville, Ont.

NOVELTY SAUCE.—4 quarts cabbage chopped fine, 4 quarts green tomatoes seeded and chopped, 10 onions chopped fine, 1 teacup salt; mix and let stand ½ hour. Drain and put in a kettle with 4 green peppers, 2 pounds sugar, ½ ounce tumeric powder, ½ ounce celery seed, cover with vinegar and boil 1 hour.—Mrs. N. Nichol, Forestville, Ont.

PRISCILLA SAUCE.—2 quarts onions, 2 quarts green tomatoes, 2 quarts green cucumbers, 4 bunches celery, 2 small or 1 large cabbage cut fine, salt over night and drain well in morning; 1 gallon vinegar, ¼ pound mustard, 1 cup flour, 1 ounce tumeric, 2½ cups brown sugar, 1 tablespoon celery seed. Mix mustard, tumeric and flour with cold vinegar, add when mixture has cooked 15 minutes, then cook 15 minutes longer.—Mrs. J. F. Parker, Kerwood, Ont.

QUEEN SAUCE.—1 peck green tomatoes chopped fine in food cutter, 3 red peppers, 6 onions, chop all

fine, add 1 cup salt, mix all together, let drain over night, in morning add ground cloves, allspice, cinnamon, each 1 teaspoon, ½ cup grated horseradish, 1 cup sugar, cover with vinegar, and boil till tender and bottle.—Mrs. Jas. Hall, Stromers, Ont.

RED SAUCE.—1 peck tomatoes, 12 apples, 6 onions, 4 peppers chopped fine, 1 pint vinegar, 2 cups sugar, boiled until thick.—Mrs. E. C. Smith, Box 447, Simcoe, Ont.

LEA'S RED SAUCE.—1 peck ripe tomatoes, 12 chopped apples, 6 onions, 4 peppers, 1 pint vinegar, 2 cups sugar, salt to taste; cook until thick.—Mrs. F. W. Phelps, Boston, Ont.

TIGER SAUCE.—12 ripe tomatoes, 13 large apples, sour; after cooking separately put through colander, 1 pound brown sugar, 2 large cups onions chopped fine, 1 small cup salt, 1 teaspoon cayenne, 1½ teaspoons tumeric, 4 tablespoons mustard mixed with water, lastly 1 pint vinegar.—Celia Brennan, Apto, Ont.

2.—¾ pound raisins chopped fine, 1 pound brown sugar, ½ pound salt, 1 tablespoon ground red pepper, 1½ ounces ground mustard, ½ ounce tumeric, 2 cups onions chopped, 13 large sour apples, 12 large ripe tomatoes, 3 pints white wine vinegar; peel apples and boil in 1 pint vinegar; peel and boil tomatoes in another pint of vinegar, next put apples and tomatoes through a colander; when cool mix with other ingredients, having previously mixed mustard, tumeric and pepper, a little vinegar, then seal in jars.—Mrs. Edwin B. Kerns, Zimmerman, Ont.

RIPE TOMATO SAUCE.—1 peck tomatoes, ¾ cup salt, 2 cups granulated sugar, 6 onions, 3 green peppers, 5 cups vinegar, 1 teaspoon of cassia, cloves and allspice; chop fine and cook well.—Mrs. Jas. F. Thompson, Belmont, Ont.

GREEN TOMATO SAUCE.—20 green tomatoes, 10 onions, 4 large apples, 4 cups sugar, 1 teaspoon

For cakes and fancy pastry use **Cowan's Supreme Chocolate**

cassia, 1 of allspice, 1 of cloves, 7 cups vinegar; cook for 3 hours.—Mrs. Jas. F. Thompson, Belmont, Ont.

2.—2 gallons green tomatoes sliced without peeling; slice also 12 good-sized onions, 2 quarts vinegar, 2 quarts brown sugar, 2 tablespoons salt, ground mustard and ground black pepper, 1 tablespoon each of cloves and allspice; mix all together and stew until tender, stirring often lest they scorch; put in glass jars. —Mrs. C. P. Bliss.

SPANISH SAUCE.—12 ripe tomatoes, 12 sour apples, 4 onions, 2 quarts vinegar, 2 pounds brown sugar, ½ teaspoon salt, 1 teaspoon mustard, 1 heaping teaspoon cinnamon.—Mabel Tinkess, Hallville, Ont.

WINTER SAUCE.—1 peck green tomatoes chopped fine, 2 dozen large onions peeled and chopped, large red pepper chopped fine, salt, pepper and spice to suit taste, 1 cup brown sugar, vinegar to cover, pour the vinegar over all, boiling hot, and bottle for winter use.—Mrs. D. T. Strathearn, Pinedale Farm, Rugby, Ont.

WORCESTERSHIRE SAUCE.—½ bushel ripe tomatoes, 1 quart cider vinegar, 10 lemons cut in pieces, 1 pound salt, 1 pound brown sugar, ¼ pound allspice, 1 ounce ground cloves; cook slowly 2 hours; put through sieve, add juice of 1 lemon, bottle and seal hot.—Mrs. Richard Fleming, Kingston Mills, Ont.

QUICK ASPIC.—1½ cups cold water, 1 tablespoon chopped celery, 1 tablespoon chopped carrot, 1 teaspoon beef extract dissolved in 1 cup hot water, 1 slice onion, 1 bay leaf, 3 cloves, 1 sprig parsley; put ingredients in a saucepan, cover and let simmer ½ hour, then add 1 ounce gelatine which has been soaked in ½ cup water for ½ an hour. Stir until gelatine is dissolved. Season: tablespoon sherry or tarragan vinegar improves the flavor. If a deeper color is desired, add a few drops kitchen bouquet or caramel, clear if necessary, strain through double cloth. If aspic is for moulding use at once; if for garnishing, turn into a shallow pan to set. It can be stamped or cut into

fancy shapes more easily if cooked in layers of right thickness. Observe always the proportion of 2 ounces gelatine to 6 cups liquid.—TORONTO TECHNICAL COLLEGE.

CRABAPPLE SAUCE FOR MEAT.—Boil 3 pounds crabapples in 1½ quarts vinegar, strain through a colander; add 3 pounds brown sugar, 1 dessertspoon each cinnamon, cloves, pepper and salt; let boil about 5 minutes, bottle hot, add more vinegar if too thick.—MRS. A. BOWER, West Osgoode, Ont.

COLD MEAT RELISH.—1 peck ripe peeled tomatoes, 8 onions chopped, 3 ripe peppers, 1¼ cups white sugar, or 1½ cups horseradish, ½ cup salt, 2 tablespoons mustard seeds, 2 tablespoons pepper, 1 stalk of celery, 1 quart vinegar. Do not cook, but can right up.—MRS. ROY H. MILLER, Box 198, Thamesville, Ont.

GINGER PEARS FOR MEAT.—5 pounds pears (winter ones preferred) chopped, 5 pounds white sugar, ½ package seeded raisins, 1 ounce crystallized ginger. Chop and boil 1 hour, also boil 2 whole lemons for 1 hour separately, then chop lemons fine, add to pears, and boil 20 minutes more and seal.—MRS. ROY H. MILLER, Box 198, Thamesville, Ont.

CANNED FRUITS AND JELLIES

CANNING.—Canning fruit is preserving sterilized fruit in sterilized airtight jars; sugar being added to give sweetness. Fruit may be canned without sugar if perfectly sterilized—that is, freed from all germs.

DIRECTIONS FOR CANNING.—Fruit for canning should be fresh, firm, of good quality, and not over-ripe. If over-ripe, some of the spores may survive the boiling, then fermentation will take place in a short time. Sterilized jars are filled to overflowing with boiling fruit. Add boiling water if there is not enough fruit to overflow the jars. Insert a silver spoon or knife between the fruit and jar to remove all air bubbles, then quickly put on rubbers and screw on covers. Let stand until cold, then screw again. Wipe jars with a wet cloth, label and keep in a cool, dry place.

TO STERILIZE JARS.—The jars should first be tested to see if they are airtight. To test: Half-fill with water, adjust rubber and top, invert and see if the jar leaks. Do not use a jar that leaks, as it is not airtight. Wash jars and covers, place in a pan of cold water and heat gradually to the boiling point. Remove as needed and fill while hot. While filling jars, place them on a warm plate. Dip the rubbers in boiling water but do not allow them to stand in it. New rubbers must be used each year.—GLADYS HARRIS, 109 Park Street, Buffalo, N.Y.

JELLY.—1 cup sugar, 1 egg, 1 cup cold water, 2 tablespoons flour, add juice and grated rind of one lemon.—MRS. GEO. S. SHARPE, Lower Millstream, King's County, N.B.

JELLY MAKING.—When large fruits are used, cut them in pieces, place in a granite or aluminum kettle

with scarcely enough water to cover. Cover tightly and boil slowly until soft. When cooked sufficiently, turn into jelly bag, which has been soaking meanwhile in hot water, and drain in a place free from draughts. Do not squeeze the fruit, as a clear jelly cannot be made if the pulp is mixed with the juice. Measure the juice and to each pint allow a pound of granulated sugar. Place juice on stove and sugar in a pan in the oven to heat. Stir sugar occasionally. Boil juice steadily and not too rapidly for 20 minutes, turn the sugar into the juice and boil all together for 3 minutes, when it will be ready to pour into glasses, which should be hot to prevent breaking. Always select fruit that is not over-ripe. Have all utensils hot to prevent waste of jelly. If these directions are carefully followed, a perfect jelly will be the result. Raspberries and strawberries need the addition of currants, pears and peaches need apples, plums or quinces to make a perfect jelly. —Mrs. W. S. Stokes, Britton, Ont.

JELLY.—Wash fruit, remove stems and decayed part; cook, with enough water to cover, until tender. Drain, add 1 cup sugar for each cup juice. Boil until it jells on cool saucer. Heat sugar first.—Mrs. Milton Savage, Elgin Mills, Ont.

SOUR JELLY.—As above, adding ½ tablespoon lemon juice. Delicious moulded with sardines and served with mayonnaise.—Mrs. Milton Savage, Elgin Mills, Ont.

TO MAKE CRABAPPLE JELLY IN QUANTITIES.—If one has a large family to cook for, there is little use in making jelly in small amounts except what may be wanted for special occasions. If one wishes to make a lot, begin early, before the crabs are ripe, and by making a kettle full each day, or when convenient, you will be surprised to see how much can be made, and with very little trouble. Before beginning provide yourself with two strong jelly bags made of cheese cloth, also have two large earthen or graniteware bowls; then in the morning or afternoon, fill your preserving kettle

WHITE SWAN BAKING POWDER contains no alum

with crabs picked fresh from the tree, pour in enough cold water to just come to the top of the apples, and set on the stove to boil until the apples are quite soft; then putting your large bowl, containing the bag, on the table with the kettle beside it, take a cup and dip the apples into the bag and then tie very tightly with a strong string. The bowl with the bag in it can then be carried to the pantry or cellar, where there is no dust or flies, and the bag can be hung up on a strong nail and left to drip into the bowl all night. Next day boil the juice for about 20 minutes and then add the sugar, allowing one pound sugar to one pint juice. Boil until it will jelly when a little is cooled in a saucer. Large-mouthed quart glass jars are very convenient to put the jelly in. Have them heating in the oven and the boiling jelly can be poured in without danger of breaking them. The kettle can be again filled with apples and another bowl of juice got ready for next day and the same process gone through from day to day. One kettle full of apples will make about 3 or 4 quarts jelly. The children will enjoy this in winter, especially when served with cream.—Mrs. J. E. McQuat, Lachute, Que.

PLAIN APPLE JELLY.—Take ½ a bushel of sound, firm greening apples, cut from core, skin left on, cover with cold water, wash clean, put in a granite kettle with water to not quite cover, and cook till all are broken up; empty in a jelly bag made with thin cotton, let drip over night, then return to the fire. Cut up one fresh lemon, tie loosely in a thin cloth, put in the juice and let boil briskly half an hour; skim and take out the lemon, add pound for pound granulated sugar, heat sugar in the oven before adding, let boil 10 or 15 minutes, and the jelly will be ready to put up in glasses. This makes a large quantity of lovely jelly.—Mrs. Joseph Wass, Sunny Bank Farm, Oakville, Ont.

SPICE JELLY.—1 peck crabapples, 7 cups vinegar, 5 cups water, 1 ounce whole cinnamon, 1 ounce whole allspice, ½ ounce whole cloves. Boil and strain, then add 1 pound sugar to 1 pint of juice and boil until it jells.—Mrs. D. Sinclair, Salmon Arm, B.C.

TOMATO JELLY.—1 can tomatoes, rub through sieve. Soften 3 tablespoons of gelatine in 2 tablespoons cold water, add a cup of boiling water and stir and when gelatine is dissolved, strain and mix with tomatoes; season with pepper, salt and sugar to taste. Have ready a large cup of shelled walnuts, mix into the mixture when it begins to thicken and pour into mould. Half this recipe is sufficient unless for a large quantity. —Mrs. H. A. Van Dusen, Tara, Ont.

2.—Juice of 1 can tomatoes, 2 tablespoons vinegar, 1 box gelatine, pepper, salt, sugar to taste. Let it come to a boil, then put in mould. Soak gelatine in tomato juice. Graduate your gelatine by quantity of juice in can.—Mrs. P. T. Galbraith, Waterford, Ont.

A GOOD PRESERVING RECIPE.—1 cup water to every ¾ pounds sugar, melt and let boil 15 minutes, skim, then for every ¾ pound sugar, put in 1 pound fruit; boil briskly for 7 or 8 minutes.—Mrs. John Hart, Barryvale P.O., Ont.

SWEET PICKLES.—4 cups vinegar, 4 cups brown sugar, 2 tablespoons whole cloves, allspice and cinnamon, 7 pounds fruit, melon, apples, large-sized cucumbers (peel and seed), boil fruit until it can be pierced with a straw, put in glass sealers, boil syrup a few minutes, pour over fruit while hot, and set away to cool; then seal tight.—Mrs. Ida Coldpitts, Bible Hall, Truro, N.S.

APPLE CATSUP.—2 quarts apple sauce, 2 cups sugar, 1 cup vinegar, 2 onions, 1 teaspoon each of pepper corns, mustard seeds, ginger, cloves and cinnamon. —Mrs. Donald Sinclair, Salmon Arm, B.C.

APPLE MARMALADE.—1 pound apples, 1 pound sugar, ½ a lemon, ⅛ ounce whole ginger. Peel and core apples, slice into eighths and put in a basin of water; lift apples dripping into the preserving pan and boil with sugar, ginger and rind of lemon until quite clear; add lemon juice about 20 minutes before the preserve is done.—Miss Innes Grant, Brooklin, Ont.

Everyone enjoys **Cowan's Perfection Cocoa**

PICKLED APPLES.—For 1 peck sweet apples take 3 pounds sugar, 2 quarts vinegar, ½ ounce cinnamon, ½ ounce cloves; pare the apples, leaving them whole; boil them in part of the vinegar and sugar until you can put a fork through them, then take them out; heat the remainder of the vinegar and sugar and pour over them. Be careful not to boil them too long or they will break.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

APPLE PRESERVE.—Weigh equal quantities of good brown sugar and apples; peel, core and cut the apples into small square pieces, make syrup of 1 pint of water to 3 pounds of sugar, boil until pretty thick, then add the apples, the grated peel of a lemon or two, a little whole white ginger; boil until the apples are clear and begin to fall, then it is done.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

SWEET APPLE OR CRABAPPLE PICKLES.—For 1 peck of sweet apples or crabapples take 3 pounds sugar, 2 quarts vinegar, ½ ounce cinnamon, ½ ounce cloves.—Mrs. T. M. Hipwell, Price's Corners, Ont.

SPICED SWEET APPLES.—Make a syrup of equal parts sugar and water, adding a little vinegar, a few whole cloves, and a little cinnamon; add whole sweet apples peeled, cook until tender. These are delicious served with fowl.—Mrs. Gilson Sawyer, Gilford, Ont.

BLACKBERRY JAM.—To each pound of fruit ¾ pound of sugar, mash each separately, then put together and boil ¼ to ¾ of an hour.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

CITRON PRESERVE.—Cut the citron in dice and boil in water with a small piece of alum until tender and clear; make a syrup, allowing ¾ pound sugar to 1 pound citron; boil a piece of ginger root in the syrup; put the citron in and boil for a few minutes; put in 1 lemon with 2 medium-sized citrons.—Mrs. G. A. Black, Village Dale, Shelburne Co., N.S

2.—Pare the citron and cut into slices about 1½ inches thick, then into strips; take out the seeds and weigh. To each pound of citron put 1 pound white sugar, make a syrup by allowing 10 pounds of sugar to 1 pint water; simmer gently for 20 minutes, then put in citron and boil for 1 hour till tender. Shortly before taking off the fire put in 2 lemons sliced thin, and 2 ounces root ginger. Don't stir while boiling.—Mrs. Jas. McKenzie, Box 335, Portage la Prairie, Man.

CRABAPPLE CATSUP.—4 pounds fruit, 1¾ pounds sugar, 1½ pints vinegar, 1 tablespoon cloves, cinnamon and black pepper, 1 teaspoon salt, ginger if you wish. —Mrs. Charles Craven, Kent Bridge, Ont.

2.—3 pounds fruit. After they are quartered and cored, boil with about 1 cup of water, and rub through a colander, then add 1¾ pounds sugar, 1 quart vinegar, 1 teaspoon salt; spice to taste and boil till thick.—Mrs. Jas. Smillie, Inwood, Ont.

CRANBERRY MARMALADE.—1 quart cranberries, 1 pint water, boil together until cooked; then add 1 pound white sugar, ½ pound raisins, 10 cents' worth chopped walnuts, grated rind and juice of 2 oranges. Boil this 20 minutes.—Mrs. C. O. Bennett, Clearmont, Ont.

RED CURRANT CATSUP.—2 quarts currants, 2 quarts sugar, cover with vinegar, 1 tablespoon cinnamon, ½ tablespoon cloves, ½ tablespoon allspice, ½ tablespoon cayenne. Boil slowly 40 minutes.—Mrs. H. B. Ohrt, 20 Farnham Ave., Toronto.

CURRANT CONSERVE.—5 pounds currants, 5 pounds granulated sugar, 2 pounds raisins, 4 oranges; stem currants, seed and chop raisins; cook currants 15 minutes, add sugar warmed as for jelly, just set it in the oven while you cook currants; after you add sugar cook 5 minutes more, then add raisins and cook 20 minutes, then add the orange pulp and grated rind and cook 5 minutes. I put in pint cans. This is delicious to eat with cold meats.—Mrs. Arthur Adams, Courtland, Ont.

Also contributed by Mrs. Jas. Greer, Delhi, Ont.

WHITE SWAN SPICES guaranteed under Government warranty

SPICED CURRANTS FOR MEATS.—4 quarts currants, 1 pint vinegar, 3 pounds sugar, 1 tablespoon each of cinnamon, allspice, cloves, nutmeg; cook 1 hour. Keep in a cool place tightly covered.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

CANNED CHERRIES.—Take ½ pound sugar to a pound of stoned cherries, make syrup and put in the fruit; let it scald, not boil hard, for 10 or 15 minutes, and then can and seal. A better flavor is given if some of cherry stones are put in a muslin bag and put into the syrup to scald, but they should not be put into the jars with the fruit.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

PICKLED CHERRIES.—5 pound cherries, stoned or not as preferred, 1 quart vinegar, 2 pounds sugar, ½ ounce cinnamon, ½ ounce cloves, ½ ounce mace; boil sugar, vinegar and spices together; grind spices and tie in a muslin bag, and pour hot over the cherries.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

PRESERVED CHERRIES.—Stone the fruit, weigh and for every pound take ¾ pound sugar; dissolve sugar in water, a pint to the pound and a half; add fruit and let it boil as fast as possible for ½ hour, till it begins to jelly. As soon as it begins to thicken, put in pots or earthen jars and cover with brandied paper; next the fruit and then cover closely from the air.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

DANDELION WINE.—To 1 gallon of dandelion flowers add 2 gallons of boiling water. Let stand 24 hours, then strain and see that there is 2 gallons of liquid, to which add 4 lemons, sliced, and 6 pounds sugar. Soak 1 White Swan Yeast Cake and spread on a piece of toast and float on liquid, yeast side down. Let it stand 3 weeks, only stirring till the sugar is all off the bottom of the crock, then bottle.—Mrs. R. J. Ego, Jarratt, Ont.

2.—3 quarts water, 4 quarts dandelion flowers; boil until soft, strain and add 4 pounds sugar, 3 lemons sliced,

put it on again and boil 15 minutes, set to cool and when about lukewarm set on top of it a slice of toast and spread 1 White Swan Yeast Cake on it. Let it stand 48 hours in a warm place, strain again and bottle, but do not cork down; let it stand 4 or 5 weeks, then cork and put away. It improves with age.—MRS. N. HARVEY, Udora, Ont.

GINGER WINE.—1 ounce tartaric acid, ½ ounce essence of ginger, ½ ounce essence cayenne, 1 ounce burnt sugar, slice 3 lemons or squeeze out the juice, 3 pounds white sugar. Pour over all six quarts boiling water, let stand until cold, then bottle ready for use. Use a little fruit coloring if desired a darker color. This will not ferment.—MRS. F. G. BAGNALL, Belmont P.O., Ont.

GOOSEBERRY CATSUP.—8 pounds ripe gooseberries, 4 pounds sugar, 1 pint good vinegar, 2 ounces each cloves and cinnamon. Boil berries and sugar for 3 or 4 hours, then add spices and boil a little more, then pour through a sieve and bottle.—MRS. ALBERT BELL, Verschoyle, Ont.

GOOSEBERRY JAM.—Take red, rough, ripe gooseberries and half the quantity of lump sugar, break them well, and boil together for ½ hour or more, if necessary. Put into pots and cover with papers.—MRS. JOS. WOODROW, Richmond Hill, Ont.

GOOSEBERRY JELLY.—Boil 6 pounds green, unripe gooseberries in 6 pints water; pour into a basin, and let stand covered with a cloth 24 hours, then strain through a jelly bag, and to every pint of juice add 1 pound sugar. Boil it for an hour, then skim and boil for an hour longer with a sprig of vanilla.—MRS. JOS. WOODROW, Richmond Hill, Ont.

SPICED GOOSEBERRIES.—6 pounds ripe gooseberries, 5 pounds sugar, 1 tablespoon each cloves, cinnamon, nutmeg, allspice. Cook 3 hours; when half done add 1 cup vinegar.—MRS. ALBERT BELL, Verschoyle, Ont.

Cowan's Maple Buds—the most delicious of chocolate confections

GRAPE CATSUP.—Take 8 pounds grapes and cook until very soft, put through a sieve, return to kettle and add 4 pounds sugar, 1 quart vinegar, 1 tablespoon cinnamon and allspice, and 2 tablespoons ground cloves. Boil till thick. This is delicious with cold chicken or ham. Can also be made with red currants, blue plums, or ripe gooseberries.—MRS. CHAS. A. MASON, Ellesmere, Ont.

2.—5 pounds grapes boiled to a pulp, strain, add 2 pounds sugar, 1 pint vinegar, 1 tablespoon each cinnamon, cloves, allspice, and 1 teaspoon pepper. Boil until thick enough for catsup.—MRS. LESLIE ELLIOTT, Box 1165, Owen Sound P.O., Ont.

SPICED GRAPE CATSUP.—Cook grapes in a double boiler until the skins burst, carefully strain off every particle of juice and return to the fire, adding to each quart of juice 1 pint granulated sugar, 1 cup vinegar, 2 teaspoons salt, 1 tablespoon whole cloves, ½ a grated nutmeg, 1 teaspoon ground allspice, 1 tablespoon powdered cinnamon. Boil slowly about 1 hour, and seal.—MRS. D. B. MCLAREN, Carleton Place, Ont.

GRAPE JUICE.—Take the contents of 1 basket grapes, wash and stem, put on stove with just enough water to cover, let come to a boil, remove from fire and pour into cheese cloth bag; when cool enough, press out the juice with the hands, put juice back on stove with 2 pounds sugar for each basket, let come to a boil. Bottle while hot, cork and seal with paraffine wax, to exclude the air.—MRS. CHAS. JEFFERSON, North Sydney, C.B.

2.—Weigh grapes before taking them off the stems. Take 10 pounds grapes, pick off the stems, put in a porcelain kettle, add a little water, and cook until stones and pulp separate, press and strain through thick cloth (I use jelly bag). Return juice to kettle and add 3 pounds white sugar; heat to simmering, bottle hot and seal. This makes about 1 gallon.—MRS. W. F. BATTY, Brooklin, Ont.

3.—Wash grapes, pick from stems. Put in preserving pan and crush slightly; heat slowly and boil gently for ½ an hour; crush fruit with wooden spoon, strain through cheese cloth over sieve or colander; drain well, then draw edges of cheese cloth together and twist hard to press out all juice and put in clean preserving kettle on fire. When it boils up, draw back and skim; let it boil up again and skim; add 1 gill of sugar to each quart of juice, stir until dissolved, boil 5 minutes, skimming carefully, fill hot sterilized jars or bottles, put jars in moderate oven for 10 minutes in pans of boiling water; fill jars with more boiling juice and seal.—Mrs. Milton Savage, Elgin Mills, Ont.

GRAPE JAM.—Separate skin from pulp of grapes, keeping them in separate dishes; put pulp in preserving kettle with a teacup of water; when thoroughly heated, run them through a colander to separate the seeds, then put your skins with them and weigh; to each pound of fruit put ¾ of a pound of sugar, add merely enough to keep from burning; cook slowly ¾ hour.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

GRAPE PRESERVES.—1 pint fruit, ¾ pint sugar, wash, drain grapes, remove from stems, heat to boiling point; wash and cook until seeds come out; strain out seeds and skins; cook 10 minutes, measure, add sugar and boil until liquid thickens. Put in sterilized jars.—Mrs. Milton Savage, Elgin Mills, Ont.

SPICED GRAPES.—8 pounds grapes, 3 pounds sugar, 1 pint vinegar, scant 2 tablespoons cinnamon, 2 tablespoons cloves; whole spices may be substituted in place of the ground; cook vinegar, spices and fruit after it has been prepared 10 to 20 minutes, add sugar and boil down until of right consistency. Prepare grapes the same as for preserved grapes. Plums may be used in place of grapes.—Mrs. Milton Savage, Elgin Mills, Ont.

ARTIFICIAL HONEY.—Mix together 10 pounds white sugar, 3 pounds clear bees' honey, 1 quart hot

WHITE SWAN YEAST CAKES—ALWAYS KNEADED

water, ½ ounce cream of tartar; when cool flavor with 2 or 3 drops otto roses and sprinkle in a handful of clear yellow honeycomb broken up. This will deceive the best judges, and is perfectly healthy.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

ICE CREAM SODA.—1 quart boiling water, 1 pound granulated sugar, 1 ounce tartaric acid; put together and boil 20 minutes; remove from stove and pour over the beaten whites of 2 eggs, let cool and flavor; put in jar and keep in cool place; 2 tablespoons to ¾ cup of water and a pinch of soda makes a refreshing drink.—Mrs. Geo. M. Veit, Courtland, Ont.

ENGLISH LEMON BUTTER.—Juice and rind of 3 lemons, 3 eggs well beaten, 1 pound sugar, 1 cup water, 1 teaspoon butter, beat together and boil 5 minutes; keep in covered jelly glasses.—Mrs. E. McIlraith, Oxford Mills, Ont.

LEMON BUTTER.—Grated rind and juice of 1 lemon, 1 tablespoon butter, ¾ cup sugar, 1 egg, the whites and yolks beaten separately, and boil till it drips like honey.—Mrs. Chas. Edgar, Presque Isle, Ont.

LEMON CHAMPAGNE.—This makes a very nice drink. Dissolve 4 ounces citric acid in a little warm water, pour 2 quarts warm water on 5 pounds white sugar; when dissolved add acid and 1 dram oil of lemon; stir all well and bottle for use; 1 tablespoon to glass of water, and a pinch of soda.—Mrs. J. F. Coad, Oakwood, Ont.

LEMON HONEY.—Into 3 ounces of fresh butter and a cup of sugar melted together, stir the beaten yolks of 3 eggs into which have been mixed the grated peel of a large lemon; stir over the fire till it begins to thicken, and then add juice of the lemon. Continue stirring till as thick as honey, then pour into jelly tumblers and cover. It makes a filling for a layer cake, and may be used for flavoring.—Mrs. James Smillie, Inwood, Ont.

LEMON MARMALADE.—Slice 12 lemons very thin, and take out the seeds, pour over them 5 quarts of water and let them stand all night; the next morning put them on in the same water, and let them boil until tender enough to mash with a spoon, then add six pounds of sugar and boil 30 minutes. Do not cover until cold.—Mrs. David Wood, Rob Roy, Ont.

AN OLD ENGLISH RECIPE FOR ORANGE MARMALADE.—12 bitter or Seville oranges, 4 lemons, 12 pounds granulated sugar, 6 quarts water; on a platter cut oranges and lemons into quarters, take out pith and pips into bowl and cover with water, then slice or shred thin as possible oranges and lemons; put into a vessel with remainder of water, allow it to stand 24 or 36 hours, then boil 2 hours, but first strain water off the pips into the whole; have sugar warmed before adding, then boil ½ an hour, or until it jellies.—Mrs. Thos. Bottomley, South River, Ont.

ORANGE MARMALADE.—1 dozen bitter oranges, about 20 pounds sugar. First day—Chip off the yellow rind of the oranges, using a slicer. Next peel off the tough white skin with the fingers, and put this with skin through a mincer or chop it up very finely and mix with yellow rind. Measure this into pints, packing loosely, and for every pint add 2½ pints cold water, put into preserving kettle and let stand at least 12 hours, or until next morning. If there is much juice in the pulp of the oranges, this may be strained out and added without measuring. Second day—Boil 1 hour after it reaches the boiling point and set aside for another 12 hours, or until next day. Third day—Measure again into pints, and for every pint add 1¼ pounds sugar; boil for 1 hour, put in jars and wax or seal up. February is the month of bitter oranges. This is rather a lengthy way of making marmalade, but I have never known it to fail. It is about the same as Cross & Blackwell's marmalade in bitterness, and may be made sweeter by using a few sweet oranges in with the bitter.—Mrs. W. A. Wood, 8 Fort St., Montreal, Que.

Choose from 8 flavors of **Cowan's Cake Icings**

2.—1 dozen bitter oranges, ½ dozen lemons cut up fine; cook each separate until tender in 1 cup water to one cup fruit; put together and add 1½ pounds sugar to 1 pint of fruit; boil quickly for 40 minutes.—Mrs. J. G. Burns, Waterford, Ont.

3.—1 dozen bitter oranges, 5 quarts cold water, 7 pounds granulated sugar. Method.—Peel off the rind as thin as possible in long strips with a sharp knife (just as you would peel an apple), then remove the white part; cut the yellow part in very thin shreds about 1 inch long, and the white part into bits the size of small beans; cut up the pulp rather fine, saving the pips, which should be put in a bowl with 1 pint water poured over them; pour the 5 quarts water on the cut-up rind and pulp, let stand over night. Next day add the liquid from the pips, and boil 3 hours. Set away until next day, bring to a boil, add the sugar (which has been heated), boil an hour or less if it jellies, and it is ready for putting in glasses. Excellent.—Mary B. Wales, Kindersley, Sask.

PRESERVED ORANGE PEEL.—Peel the oranges and cut rinds into narrow shreds, boil till tender, change the water 3 times, squeeze the juice of orange over sugar, put pound to pound of sugar, and peel. Boil all together 20 minutes.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

ORANGEADE.—4 pounds sugar, 8 tumblers hot water, juice from 4 oranges, 1 ounce citric acid, whites of 2 eggs; let stand 24 hours, then strain and bottle. Use like raspberry vinegar, in water.—Mrs. W. H. Johnston, Pefferlaw, Ont.

2.—The grated rind and juice of 12 oranges, 4 ounces citric acid, 7 pounds granulated sugar, 12 glasses water; let stand 24 hours, then strain through a cloth. This makes a large quantity. When serving, use 2 tablespoons of liquid to a glass of water.—Mrs. Morley F. Earle, Hallville, Ont.

ORANGE AND RHUBARB PRESERVE.—To every pound of rhubarb allow 3 or 4 Seville oranges and 1½

pounds white sugar; peel the oranges thinly and cut them into strips as for marmalade; take off the white pith, which will not be needed, remove the pips from the fruit and cut into slices the yellow part of the peel also. Place oranges, rhubarb and sugar in preserving pan and boil gently until sufficiently cooked and the scum has ceased to rise; put the preserves in small pots and cover while hot with paper brushed over with white of egg.—Mrs. Norman Harvey, Udora, Ont.

PEACH BUTTER.—Take pound for pound of peaches and sugar, cook peaches alone until they become soft, then put in ½ the sugar, and stir ½ hour, then the remainder of the sugar, and stir an hour and a half. Season with cloves and cinnamon.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

CANNED PEACHES.—Make syrup of equal quantities of sugar and water, pare peaches, remove stones and cook till tender.—Mrs. Milton Savage, Elgin Mills, Ont.

PEACH MARMALADE.—4 pounds peaches stewed and pared, 2½ pounds sugar, juice 2 lemons; boil peaches for ¾ hour, then add sugar and lemons, boil 20 minutes, skim while boiling.—Mrs. Milton Savage, Elgin Mills, Ont.

SPICED PEACHES.—Make syrup of 1 quart vinegar, 6 cups brown sugar, 1 stick cinnamon, ¼ cup mixed spices and put whole cloves in the peaches.—Mrs. Milton Savage, Elgin Mills, Ont.

PINEAPPLE AND RHUBARB CANNED.—2 cups pineapple, 1 cup rhubarb, cut in dice; put in sterilized jar, pour over them a heavy syrup made of 2 parts sugar and 1 water, place in water and let cook for some time.—Mrs. Milton Savage, Elgin Mills, Ont.

PLUM CATSUP.—3 pounds blue plums, 1¾ pounds brown sugar, ½ pound mustard, 1 pound raisins chopped fine, 1 ounce garlic, 1½ dozen ripe tomatoes, 1½ dozen large apples, ½ dozen large onions, 2 red peppers. Boil

WHITE SWAN BAKING POWDER never did contain alum

1 hour and strain through sieve.—Miss Lela Eagleson, Mongolia, Ont.

2.—1 peck Damson plums, ¾ pound sugar to 1 pound plums, 1½ teaspoons ground cloves, 3 dessertspoons ground cinnamon, 1 quart vinegar, 1 dessertspoon salt; boil the vinegar and plums well, then strain through sieve, add the other ingredients and boil till it thickens.—Mrs. H. C. Black, Thornton, Ont.

DAMSON CHEESE.—12 pounds Damsons, place in oven; when soft take out stones, crack them and then blanch the kernels; add 3½ pounds lump sugar; boil 3 hours. Wet the moulds before using; weigh Damsons before putting in the oven.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

PLUM CONSERVE.—4 quarts stoned plums, 2½ pounds sugar, ½ pound English walnuts, 1 pound raisins, 2 oranges. Boil about 20 minutes; be careful not to scorch, and seal in jelly glasses. Very nice for breakfast.—Miss Minto Almas, Burtch, Ont.

PICKLED PLUMS.—7 pounds plums, 4 pounds sugar, 2 ounces stick cinnamon, 2 ounces cloves, 1 quart vinegar; add a little mace; put in the jar, first a layer of plums, then add a layer of spices, alternately; scald the vinegar and sugar together, pour it over the plums; repeat 3 times for plums (only once for cut fruit, as apples or pears); the fourth time scald all together; put in glass jars and seal for winter use.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

PEAR MARMALADE.—Cut and pare 12 pounds pears, add 12 pounds granulated sugar, 1 pound sultana raisins, 3 oranges, 3 lemons, ½ pound shelled walnuts; put all through a mincer and boil 3 or 4 hours.—Mrs. A. Summerfeldt, Unionville, Ont.

2.—Peel and cut fine 7 pounds pears, add 7 pounds sugar and let stand 24 hours, then add ¼ pound preserved ginger cut fine, and boil 3 hours, then add juice of 3 lemons and boil a few minutes longer.—Miss Tena McCallum, Amulree, Ont.

3.—To 8 pounds pears allow 8 pounds sugar, 4 lemons, ½ pound crystallized ginger; boil lemons whole, in water, until soft, remove and chop fine, taking out seeds; peel fruit and slice thinly, put all in kettle, using water lemons were boiled in, then simmer gently until cooked, stirring almost constantly.—Mrs. J. E. H. Davis, Taunton, Ont.

PEAR PANAPE.—7 pounds pears, 6 pounds sugar, 2 oranges, 2 lemons, 2 ounces preserved ginger, cut pears in 8 pieces, cut rinds of orange and lemon fine, squeeze pulp, put altogether over slow fire, using no water; cook until well preserved.—Bertha M. Sharp, Vittoria, Ont.

PEAR PICKLES.—Peel pears and stick a clove in blossom end; have white wine vinegar scalding with enough white sugar to make pretty sweet, have mixed whole spice in a bag, put in pears and cook till tender, take out pears in bottles and pour the boiling vinegar over and seal.—Mrs. J. L. Dickson, Pense, Sask.

PICKLED PEARS.—Peel pears and to each eight pounds take 4 pounds of granulated sugar, 2 cups best vinegar, 1 cup water, 1 tablespoon whole cinnamon and 1 tablespoon whole cloves; put all together in granite kettle and let stand for an hour, then place on fire and bring slowly to boil; cook slowly, and when pears are tender remove carefully and place on plates to cool while the liquid is boiled to a syrup. Fill jars with fruit and cover with the boiling syrup and seal while hot.—Mrs. W. S. Stokes, Britton, Ont.

CANNED PINEAPPLE.—6 pounds shredded pineapple, a syrup made of 2½ pounds granulated sugar and 3 pints water, boil 5 minutes, then skim, and add the fruit; boil 5 minutes more and seal while hot.—Mrs. D. M. Harvie, Orillia, Ont.

PRUNE JELLY.—1 pound prunes, soak over night in 1 quart cold water, boil in the morning in the same water till soft, remove from stove, take out stones; have ready ½ cup gelatine which has been dissolved

When you entertain serve **Cowan's Perfection Cocoa**

in cold water, 1 lemon sliced thin, rind and all; add to the prunes; boil a few minutes longer and turn into mould. Serve with whipped cream.—Mrs. J. L. Dickson, Pense, Sask.

PUMPKIN MARMALADE.—6 pounds pumpkins cut very fine, 7 pounds sugar, 3 lemons, 6 oranges with rind; put the sugar on the pumpkins over night, put lemons and oranges in and boil 2½ hours; stir while boiling.—Mrs. Edward Corry, Britton, Ont.

2.—9 pounds pumpkins cut up small, 5 pounds of granulated sugar, 2 ounces root ginger, 3 lemons, 3 oranges; let all stand together over night. Cook till it thickens.—Mrs. Alex. Baskerville, Hawkestone P.O., Ont.

3.—Cut the pumpkin in dice, 4 quarts pumpkin, 3 quarts sugar, the juice of 3 lemons, let stand over night; cook in morning.—Mrs. W. Curry, Frankford, Ont.

TO CAN BERRIES (Raspberries or Blackberries).—Fill jars with berries, make a thin syrup and pour boiling over berries, seal jars and place in the reservoir of hot water for 20 minutes or less; if water is boiling, take out and turn upside down to be sure that they are airtight.—Mrs. Milton Fennell, Kars P.O., Ont.

CANNED RASPBERRIES.—To every 3 pounds sugar allow 1 quart water, and boil for ½ hour, then draw kettle to back of stove, where mixture will not boil; let it remain till you have jars filled with fruit; after jars are filled stand on a wet cloth and fill with the hot syrup, then seal and put a sack or cloth in a tub, put jars in and pour boiling water in until jars are covered; let stand until cool.—Mrs. Robt. Black, Saurin P.O., Ont.

RASPBERRY JAM.—To 5 or 6 pounds fine red raspberries (not too ripe) add an equal quantity of the finest quality white sugar; mash the whole well in a preserving kettle, add 1 quart currant juice and boil gently until it jellies upon a cold plate, then put into

small jars, cover with brandied paper, and tie a thick white paper over them. Keep in a dark, dry and cool place.—Mrs. Jos. Woodrow, Richmond Hill, Ont.

PRESERVE STRAWBERRIES OR RASPBERRIES WITHOUT COOKING.—After the berries are picked over put them in a stone jar, or granite kettle, and mash with a potato masher, add ¾ pound sugar to 1 pound berries, and stir well until sugar has dissolved, let stand over night and put into sealers in the morning. This will keep for a year.—Mrs. John Sutherland, Box 22, Bradford, Ont.

RASPBERRY VINEGAR.—Take 9 quarts raspberries and cover with good strong vinegar, let stand for 24 hours, then put all into thin muslin bag and let juice drain out, and to each pint of juice add 1 pint sugar; boil for 15 minutes.—Mrs. Jud. Haycock, Verschoyle, Ont.

RHUBARB JAM.—4 pounds rhubarb, 5 pounds sugar, 1 pound figs, 2 lemons. Cut the rhubarb into small pieces, peel the lemons very finely and cut into small pieces, also the figs; put all together into an earthen vessel, put half the sugar on and let it remain all night. Next day add the other sugar and boil it well for 3 hours. —E. Beatrice Fathers, South Cayuga, Ont.

RHUBARB MARMALADE.—5 cups rhubarb chopped fine, 3 large oranges, 5 tablespoons lemon juice, 1½ cups sugar to each cup rhubarb, 1 cup chopped English walnuts. Boil until thick.—Mrs. E. C. Smith, Box 447, Simcoe, Ont.

2.—4 pounds rhubarb, 4 lemons; cut small, cover with water, boil 1½ hours; add 4 pounds sugar and boil 15 minutes. Just before removing from the fire, add ½ pound broken walnuts.—Mrs. Edward Crooke, Victoria Harbor, Ont.

RHUBARB PICKLE.—1 quart rhubarb, 1 pint onions, 2 cups sugar, 2 cups vinegar, a pinch of salt, 1 teaspoon mixed spice (ground), ½ teaspoon cayenne pepper. Boil well.—Mrs. W. C. Gamble.

Every tin of **WHITE SWAN COFFEE** sealed with Government form of warranty

2.—1 pint vinegar to 7 pounds cut rhubarb (not peeled), 1 ounce whole cloves, 1 ounce stick cinnamon, 3 pounds brown sugar. Boil until a little soft.—Mrs. James A. Jamison, Box 63, Thornton, Ont.

RHUBARB AND PINEAPPLE PRESERVE.—1 quart pineapple (peeled, sliced and cut in small cubes), 1 quart rhubarb, 1 quart sugar and a little water; cook well.—Mrs. Jno. Key, Dalston, Ont.

2.—Take 8 pounds rhubarb, wash but do not peel, cut in pieces about 1 inch long and dry it; slice and cut in small pieces 1 pineapple and boil it separate ½ hour, then mix with rhubarb; add 5 pounds sugar and let simmer till cooked. This will make 5 quarts.—Miss Margaret Bracken, Caledon East, Ont.

RHUBARB WINE.—To every pint of rhubarb cut in pieces add 1 pint of boiling water, let it stand a week, stirring it once every day, then strain and add 4 pounds sugar to every gallon of wine, 1 ounce whole ginger, the juice of 1 lemon, 7 cayenne pods, ½ ounce isinglass dissolved in a little hot water; let it stand 2 weeks to ferment, then strain again and add 1 gill of rum to every gallon of wine, then bottle.—Mrs. John Smail, Spencerville Station, Ont.

CANNED QUINCES.—Peel, core and quarter, or cut in 8 pieces if large, then weigh your quinces, put them in the kettle, cover with water and cook till soft, drain off the water all but a very little, add ½ pound sugar to pound of fruit. Cook till sugar is melted.—Mrs. Isaiah Hoover, Box 218, Stouffville, Ont.

QUINCE HONEY.—4 large quinces, 2 large Spitzenburg apples grated, 4 pounds white sugar, 2 quarts water; grate the quinces and apples and put on to boil with the water for 15 minutes; have your sugar warm and add. Let boil till thick.—Mrs. M. Howell, Forestville, Ont.

2.—5 quinces, 2 apples, grate them or put through your finest meat chopper; have on the stove 1 quart of water and 5 pounds sugar melted, then add quinces and

apples and boil 30 minutes, stirring that it does not burn.—INA V. MUNDAY, Dunnville, Ont.

QUINCE JELLY.—Take water that quinces were boiled in, add ¾ pound sugar to a pint of juice and boil till it jells.—MRS. ISAIAH HOOVER, Box 218, Stouffville, Ont.

QUINCE SYRUP.—3 large quinces grated, 3 pounds granulated sugar, add 1 pint water. Boil slowly for 2 hours.—MRS. ISAIAH HOOVER, Box 218, Stouffville, Ont.

CANNED STRAWBERRIES.—Place quantity of stemmed berries, which will fill preserve kettle, on a platter and add ¾ pound sugar to each pound of fruit; let them stand 2 or 3 hours, till the juice is drawn from them; pour it in the kettle and let come to a boil, and remove the scum which rises; then put in the berries very carefully. As soon as they come thoroughly to a boil, put them in warm jars and seal while boiling hot. Be sure cans are airtight.—MRS. JOS. WOODROW, Richmond Hill, Ont.

SYRUP.—2 quarts potatoes, boil with skins on, drain, add 1 quart boiling water, 3 pounds white sugar, 2 pounds brown sugar, ¼ cup sweet milk, ½ teaspoon soda. Boil 1 hour.—MRS. M. HOLTBY, Manchester, Ont.

TOMATO BUTTER.—7 pounds green tomatoes, 3 pounds green apples, 2 pounds brown sugar, 1 quart vinegar, 2 large onions, 1½ tablespoons salt, 1 teaspoon red pepper, 1 teaspoon cinnamon; chop fine and put all together and boil well.—MYRTLE CALDWELL, Varney, Ont.

TOMATO BUTTER.—9 pounds ripe tomatoes peeled, 3 pounds sugar, 1 pint vinegar, 1 tablespoon cinnamon, and 1 teaspoon cloves, 1 teaspoon allspice, ½ teaspoon salt; boil all together for 3 hours.—MRS. J. R. GAY, Thornton, Ont.

EASY METHOD OF CANNING TOMATOES.—Gather the tomatoes when fresh and ripe, wash and then place in large pan and pour boiling water over them. After

Cowan's Supreme Chocolate combines richness, strength and smoothness

leaving it on for a short time, pour it off and the tomatoes can be easily peeled, then cut them up and place in preserving kettle and boil for a short time. While the tomatoes are boiling, place the glass jars, which have been thoroughly cleaned, in a pan containing some water in the oven to heat, and when the tomatoes are ready they can be poured into the jars without any danger of breaking them. Fill to overflowing, and seal immediately. If the rubbers and tops are good, the tomatoes will keep perfectly.—Mrs. J. W. McQuat, Lachute, Que.

2.—Put 2 quarts water and 2 tablespoons salt in kettle, let come to a boil. Peel tomatoes and put the whole tomatoes in liquid, cook 20 minutes. Skim out tomatoes and fill jars, seal, leaving liquid in kettle. The same liquid may be used for another kettle of tomatoes by adding a little more salt, but no more water.—Mrs. J. Dawswell, Delhi, Ont.

TOMATO MARMALADE.—5 pounds each of tomatoes and granulated sugar, 1 good-sized lemon cut very small, 2 good-sized oranges cut very small pieces, boil tomatoes and fruits together until a little thick, and fruit is tender, then add sugar and just let boil up, then can.—Mrs. J. E. Wilson, Delhi, Ont.

TOMATO PRESERVE.—1 peck ripe tomatoes, ½ peck ripe apples, ½ dozen lemons, 2 ounces whole ginger, 2 ounces cinnamon. Peel and stew the tomatoes with a pint of good vinegar, until the water is pretty well boiled out of them, add a pound of sugar to each pint of the mixture and boil until thick.—Mrs. David Wood, Rob Roy, Ont.

SWEET TOMATO PICKLES.—12 pounds green tomatoes, 4 pounds sugar, 3 pints vinegar, 1 ounce cloves, 1 ounce cinnamon, 1 ounce ginger. Slice tomatoes and sprinkle a little salt over them, let stand over night, put all together except tomatoes, let come to a boil, then add tomatoes and boil until tender.—Miss Jessie McQuade, Omemee, Ont.

2.—Slice 1 peck green tomatoes and 6 large onions, sprinkle with salt and let stand over night, drain, and cook in ½ gallon vinegar, 2 tablespoons cinnamon, 1 tablespoon mustard, 1 tablespoon cloves, 1 tablespoon ginger, 3 pounds sugar.—Mrs. C. Tiffin, Leaskdale, Ont.

RIPE WATERMELON PICKLE.—Cut in 4-inch pieces, cover with alum water, allowing 2 teaspoons powdered alum to each quart water, heat to boiling point, let stand on back of stove for 2 hours; remove, chill in water, make syrup of 2 pounds white sugar, 2 pints white wine vinegar, 2 tablespoons whole cloves and cinnamon (1 of each), tied in bag, add your pickles; cook 10 minutes, put in jar; heat syrup 3 mornings, pour over; the last, pour fruit and all, scald up; put in jars and seal.—Mrs. M. Corneil, Trenton, Ont.

2.—4 cups brown sugar, 2 tablespoons whole cloves, allspice and cinnamon, 4 cups vinegar, 7 pounds watermelon. Preparation: Boil watermelon until it can be pierced with a fork, strain, put in sealers, boil together the other ingredients a few minutes, pour over fruit while hot, and set away in a cool, dark place.—Mrs. Fred. Taylor, Mill Bridge, Ont.

VINEGAR.—1¼ pounds brown sugar to 1 gallon clean soft water, let it boil, then put in a crock and when cool, not cold, add 1 White Swan Yeast Cake; 1 yeast cake is enough for 3 gallons. Stir every day, and when it has stopped working, let it stand to get sour. Keep in a warm place all the time.—Mrs. J. A. Riggs, Merton, Ont.

2.—Cut off the cob 1 pint of corn, take 1 pint of brown sugar or molasses to a gallon of rain water, add corn, put into a jar and cover with cloth, set in sun, and in 3 weeks will be good vinegar.—Mrs. Jos. Howard, The Village Farm, R.F.D., Orangeville P.O., Ont.

PIES AND PASTRY

Pastry.

The soft flours are generally used for making pastry, and are, consequently, called pastry flour. It does not follow, however, that good pastry cannot be made from the stronger flours. In fact, experiments made in Macdonald Institute have clearly shown that it is possible; but more shortening must be used to get results obtainable from the softer winter wheat flour. The greater gluten content, expansive powers, and good color of the stronger flours are not necessary requisites for pastry purposes; and, consequently, it would not appear to be good practice to purchase these more expensive flours and then use larger quantities of shortening in order to obtain the same results that may be secured by the use of the cheaper flours and less shortening. Practically the matter resolves itself into one of cost.

Short Pastry.

1 pound flour.
½ pound shortening.
Ice-cold water.

The shortening may be a mixture of butter and sweet lard or sweet dripping.

If the fingers are cool, the shortening may be rubbed into the flour; otherwise, it should be cut into it with two knives until thoroughly mixed with the flour.

Mix into a dough with the ice water, using only enough to hold it together. It should be so dry that it will not stick to the bowl anywhere.

Turn out on the floured board, and knead only enough to make the ball smooth, when it is ready to cut into pieces for rolling out to line pie-plates, etc.

The quantity of shortening may be lessened for a plainer pastry.

Flaky Pastry.

1 pound flour.
½ to ¾ cup butter.
Ice-cold water.

Rub 2 ounces of the butter into the flour. Cut the remainder into ½-inch dice, and stir through the flour. Mix the water in with a broad-bladed knife, using only enough to hold the flour and butter together in shreds. If the quantity is difficult to mix without cutting through the butter lumps, flour the board, lift out the part that mixes first, and proceed to mix the rest. The object is to avoid any further breaking of the butter lumps. Turn the mixture out on the board in a pile, pack it together with the hands, and roll out into a sheet. Use a broad-bladed knife, and fold it into three or four layers, tucking in all the loose shreds about the edges. Be sure it is not sticking to the board, turn it around, and roll out again. Fold and roll out again. Fold in half and set away to chill, if necessary, before rolling it out to line pie-plates, etc.

This requires a hot oven at first to puff it, but a cooler one to complete the baking.

Puff Pastry.

½ pound flour.
½ pound butter.
Ice-cold water.

Wash the butter, form it into a flat, round cake, and put it away to chill. Make the flour into a stiff dough with ice water, and knead until perfectly smooth. It should be firm enough to roll out without much contraction, but should not be dry. Roll into two pieces a trifle larger than the butter pat; place the butter on one, moisten the edge, place the other on top, and press the edges together. Put aside to chill. Roll it out in one direction only, until about three times as long as broad, fold into three or four layers, turn around and roll again in the other direction, then set aside to chill. Roll and chill twice more in the same way, but fold it in half the last time. It is then ready to roll out and cut into shape for baking.

WHITE SWAN YEAST CAKES make light, white, sweet and health-giving bread

The oven for baking should be rather hot at first, then cooler, to permit of baking the pastry thoroughly without burning. One-quarter of the butter may be replaced with lard.

The cook books indicate many different ways of making puff pastry, and all of them are good in skilful hands. Skill is attained only through practice and the judgment of experience.

It would seem important to exercise care, as follows:

1. To make the dough of just the right consistency.
2. To prevent any softening of the butter during the rolling operations. If the maker can work in a temperature just above freezing, no special chilling is necessary.
3. To roll lightly, but evenly, to avoid crushing layers together.
4. To regulate the oven carefully to secure the strong heat necessary to puffing the layers and yet avoid burning.—MACDONALD INSTITUTE, Guelph, Ont.

PIE CRUST.—For raspberries, strawberries, cranberries or apples, also raisins, 1 cup sour cream, 3 cups flour, teaspoon salt, ½ teaspoon soda sifted well with flour, roll and bake immediately after mixing.—MRS. ROUSSEAU, Nipissing Junction, Ont.

ALEXANDRA PIE.—Use 2 crusts; 1 egg, 1 small cup sugar, 1 cup sour milk, 1 cup chopped raisins, 1 teaspoon cloves, 1 teaspoon cinnamon, a little nutmeg, pinch of salt; stir all well together.—MRS. A. L. WILMOTT, Milton West, Ont.

DUTCH APPLE PIE.—¼ cup flour, ½ teaspoon salt, 2 teaspoons baking powder, 4 tablespoons butter, 1 egg, ⅔ cup milk, 4 sour apples, 2 tablespoons sugar. Sift together the flour, baking powder and salt and rub in butter, beat egg, add to milk, stir into the above and put in a deep pie plate; core apples, quarter them and partly cubed apples in the batter, sprinkle sugar on apples only. Bake 15 minutes in a hot oven and serve with lemon sauce.—MRS. MARTIN CONNELL, Spencerville, Ont.

GERMAN APPLE PIE.—Line a pie pan with pie paste, lay in side by side tart quartered apples, sprinkle over this ½ cup flour, ¾ cup sugar, and ⅓ sour cream. Bake a rich brown without upper crust.—Mrs. Irwin B. Weber, R.R. No. 1, Waterloo, Ont.

APPLE PIE.—1 cup flour, ¼ teaspoon salt, 2 tablespoons lard, 2 tablespoons butter, ¼ cup ice water; for pastry, 1 apple, 2 tablespoons sugar, ¼ teaspoon cinnamon, 1 teaspoon butter, nutmeg.—Mrs. John Woods, Richmond Hill, Ont.

APPLE CUSTARD PIE.—2 eggs, ½ pint sweet milk, 4 grated apples, sugar to taste, flavor with nutmeg. Serve with whipped cream.—Mrs. N. R. Phair, Greenbank, Ont.

APPLE POT PIE.—Select 8 apples, cut in ⅛'s, remove core but not skin, take 1 egg, ¾ cup rich milk, a pinch of salt, enough flour to make a stiff paste, roll out very thin, and cut into 2-inch squares, put butter the size of a small egg into a granite kettle, allow it to become a delicate brown, remove to back of stove, now put in a layer of apples, a layer of the rolled paste, a little brown sugar, a pinch of cinnamon, repeat until your apples and paste are all used. Over this pour boiling water and cook for 20 minutes. Serve hot.—Mrs. Menno S. Weber, R.R. No. 1, Waterloo, Ont.

A JOHNATHIN.—Grease a deep pie plate with lard or preferably butter, cut apples in small pieces, not thin slices, and spread over the bottom of plate, then make a batter of following: 1 cup cream, 1 egg, 1 cup flour, 1 teaspoon baking powder, a pinch of salt; pour this over the apple and bake in a moderate oven till nicely browned. Serve with a dressing after the Johnathin has been turned upside down on a plate.—Mrs. Stanley Playter, Pine Orchard, Ont.

BANANA PIE.—Fill a tart pie crust with bananas sliced very thin, add a sprinkling of sugar, and cover with whipped cream.—Grace Crosby, Zephyr, Ont.

In exquisite flavor **Cowan's Maple Buds** **are unique**

2.—1 cup hot water, 4 tablespoons white sugar, 2 tablespoons flour, yolks of eggs (save whites for meringue), a lump butter the size of a hen's egg; beat the yolks until light, add the sugar and flour, which has previously been mixed together, then beat again for a few minutes, then add butter, and lastly stir in the cup of hot water. Place in a double boiler until it thickens, slice the bananas in the shell and pour the filling over them, then spread on the meringue and put a few slices of the bananas on top.—Mrs. Ermie Patterson, Smithville, Ont.

BANANA CREAM PIE.—Make a custard from the yolks of 3 eggs, 1 cup sugar, 1 teaspoon butter, ½ teaspoon vanilla; beat well and add 1 coffee cup of milk; bake in 1 crust and when done slice 2 bananas thin over the top, cover with the beaten whites of 2 eggs and serve fresh.—Zelpha Marr, Calton, Elgin Co., Ont.

2.—2½ cups sweet milk (large cups), 2 large tablespoons cornstarch, ¾ cup granulated sugar, 3 eggs, little piece of butter, little salt; cook until it thickens in double boiler, few drops oil of lemon or vanilla, also a little in the icing; the above will make 2 pies; slice bananas in bottom of pie dish, and cover with the custard, with icing on top; let get perfectly cool before using. They are fine.—Mrs. Albert T. Twiss, Courtland, Ont.

BALES PIE.—1 cup chopped cooked raisins, 1 cup sweet milk, 1 egg yolk, 1 cup light brown sugar, juice of 1 small lemon, 1 teaspoon cornstarch; mix smoothly, add raisins, and bake in 1 crust. Make frosting of egg white.—Mrs. A. Harrison, Myrtle Station, Ont.

BUTTERMILK PIE.—1 cup sugar, 2 cups buttermilk, 2 eggs, 2 tablespoons flour, 2 tablespoons butter, flavor with lemon, bake on lined plate same as custard. —Mrs. Simpson, New Jerusalem, Queens Co., N.B.

2.—1 cup sugar, 2 cups buttermilk, 2 eggs, 2 tablespoons flour, a small piece of butter; flavor with lemon. This makes 2 pies.—S. R. Schmidt, Hammonds, Halifax Co., N.S.

CARMEL PIE.—Butter the size of an egg and 1 cup brown sugar put in pan and let brown, then thin with 1 cup hot water; mix 1 tablespoon cornstarch, 1 spoon vanilla, yolks of 2 eggs, with water, and stir in; have crust ready and pour filling in, using the white of eggs on top.—Mrs. Wm. N. Ego, Virginia, Ont.

2.—1 cup brown sugar, 1 egg, 1 large tablespoon flour, 1 pint milk (not skimmed); take yolk of egg, stir it, add a little of the milk, in which stir the flour until thoroughly smooth, then add rest of milk. Place frying pan on stove; when hot, put on cup of sugar, stirring so as not to burn; when nicely boiling, pour on the mixture, stirring it, and let boil until sugar is all dissolved; pour in pie shell, which has previously been baked in oven. Beat white of egg to a stiff froth, and gradually add 2 tablespoons of white sugar, or a little more if required, put on pie and nicely brown.—Mrs. H. Wells, R.R., Palmerston, Ont.

CARROT PIE.—Cook yellow carrots until soft, then sift and make as pumpkin pie with milk, sugar and eggs; season with ginger, cloves, and cinnamon or allspice. This can hardly be distinguished from real pumpkin pie.—Mrs. C. M. Harvey, Box 144, Knowlton, Que.

CARROT FILLING FOR PIES.—2 cups mashed boiled carrots, 1 cup granulated sugar, 3 well-beaten eggs, 1 teaspoon ground cinnamon, 1 teaspoon ground ginger and pinch salt. Bake in a hot oven without an upper crust.—Miss M. A. Mills, Willow Valley, Star City, Sask.

MOCK CHERRY PIE.—1 cup cranberries chopped fine, ½ cup raisins seeded and chopped fine, 1 cup sugar, 1 cup water, 1 teaspoon flour, 1 teaspoon vanilla, pinch of salt. This makes 1 pie; bake with cover.—Mrs. Ezra Snyder, Blair, Ont.

2.—1 cup cranberries, 1 cup water, 1 cup sugar, 1 teaspoon vanilla, 1 teaspoon almond essence, sprinkle with flour.—Mrs. A. J. Paterson, Ellesmere, Ont.

WHITE SWAN BAKING POWDER is pure and wholesome

3.—1 cup cut cranberries, 1½ cups chopped raisins, 1 scant cup sugar, 1 tablespoon flour, ½ cup water, 1 teaspoon vanilla; mix all together and bake between 2 pie crusts.—Mrs. Geo. Riley, 63 Marsh Rd., St. John, N.B.

CHOCOLATE PIE.—First grate 1 teaspoon Cowan's Perfection Chocolate, then dissolve in a cup with a little boiling water; have in your dish 2 small cups of new milk, then add the melted chocolate; when this boils then add this mixture: 3 tablespoons flour, ¾ cup white sugar, yolk 1 egg; make smooth with a little of the cold milk; white of the egg for the top with 2½ teaspoons of sugar and ½ teaspoon vanilla.—Mrs. Elliott Lang, Britton, Ont.

2.—½ teacup Cowan's Perfection Chocolate (grated), 1½ teacups hot water, ½ teacup sugar, butter the size of an egg, 1 tablespoon vanilla, the beaten yolk of 2 eggs, 2 tablespoons cornstarch; mix well and cook on top of stove until thick; stir constantly, pour into the shell, let it cool, beat the whites and spread on top, brown in oven.—Miss Jennie Bulding, Arthur, Ont.

3.—2 tablespoons Cowan's Perfection Chocolate (grated), 1 cup sweet milk, let come to a boil; when cold add yolks of 3 eggs, ¾ cup sugar, beat to a cream, flavor with vanilla, bake with under crust, save whites of eggs for icing.—Mrs. G. T. Lee, Brougham, Ont.

CRANBERRY AND RAISIN PIE.—2 cups chopped cranberries, 1 cup chopped raisins, 1 cup sugar, 1 tablespoon flour, 1 teaspoon butter, ½ cup water. Bake between 2 crusts.—Miss S. A. Cann, South Ohio, Yarmouth Co., N.S.

CRANBERRY OR RAISIN PIE, OR TART.—2½ cups cranberries, ¾ cup sugar, 3 tablespoons cracker crumbs, ¾ cup seeded raisins, 7 cups water, 1 teaspoon vanilla. Chop cranberries and raisins together, add water and cook slightly, add sugar and crumbs, cooking until thoroughly mixed. When cool, add vanilla, and just before serving, put between an upper and under

crust, previously baked or in a shell and cover with a lattice of baked crust.—Mrs. Milton Savage, Elgin Mills, Ont.

CREAM PIE.—Make a shell of rich paste and for filling put 1 pint of sweet milk on in double boiler; wet 2 tablespoons of flour with a little milk, pour on it the boiling milk slowly; add to this the yolks of 2 eggs beaten with 3 tablespoons of sugar and 1 of butter; cook 5 minutes, then pour into the crust which has been already baked and make meringue of the 2 whites whipped light with 2 tablespoons sugar, brown slightly.—Mrs. David Fraser, Randwick P.O., Ont.

2.—Line a pie dish with nice crust and bake, then take 2 eggs, 1 cup sugar, 1½ cups sweet milk, a little piece butter, 2 level tablespoons cornstarch, flavor with vanilla, a pinch of salt, and put on the stove and bring to a boil; then put this mixture into the crust, then either the white of an egg beaten for frosting, or whipped cream is much better.—Mrs. Benson Hall, Walsh, Ont.

3.—1 pint milk scalded, 2 tablespoons cornstarch, five tablespoons sugar, yolks of 2 eggs; wet the starch with a little cold milk, beat the eggs and sugar till light, and stir the whole into the scalding milk; use the whites of eggs for icing.—Miss Ethel Biggar, Holly P.O., Ont.

BURNT CREAM PIE.—1 cup sugar, 3 tablespoons butter, well browned together, 2 eggs, 2 cups milk, 2 tablespoons cornstarch (dissolve in part of the milk), vanilla to suit the taste; mix well together, add to the sugar and butter, set on stove again and cook until thick as filling for cream pie. Beat whites of eggs to a stiff froth, add 1 teaspoon sugar spread over the pie and brown lightly.—Mrs. John N. Key, Dalston, Ont.

SOUR CREAM PIE.—Yolks of 2 eggs, ¾ cup granulated sugar, 1 cup sour cream, ¼ teaspoon soda, 1 cup currants or raisins, ½ teaspoon cinnamon and a pinch of cloves. Cook this mixture on the stove until the froth leaves it, then fill pie crust which has been pre-

Cowan's Perfection Cocoa is a health-giver

viously baked, and put into oven until well set; cover with whites beaten stiff and return to oven to brown.—Mrs. E. A. Goodfellow, Macville, Peel Co., Ont.

2.—1 egg, 1 cup sugar, 1 teaspoon flour, ½ cup raisins cut and seeded, 1 cup sour cream, a little salt, cinnamon, nutmeg; stir all together and bake with 2 crusts; bake very slowly.—Mrs. F. Treadwell, Union, Ont.

MOCK CREAM PIE.—Cream together ¾ cup sugar, butter size of an egg, and 1 heaping tablespoon flour, then add 1 beaten egg, 2 cups milk, and flavor to taste. Turn into an under crust and bake till firm.—Mrs. W. Drope, Harwood, Ont.

SULTANA CREAM PIE.—1 cup sultanas, 1 cup thick sour cream, ⅓ cup sugar, 1 teaspoon cinnamon, ½ teaspoon allspice, 2 yolks eggs, 3 tablespoons cracker crumbs; mix and heat to thicken, cool, put in shell, make meringue.—Mrs. John Woods, Richmond Hill, Ont.

COCOANUT PIE.—2 egg yolks (saving whites for frosting), 1 cup white sugar, beat to a cream with the yolks, 1 cup sweet milk, ⅔ cup sugar (half in pie and ½ in frosting), ½ cup cocoanut, 2 teaspoons cornstarch, a pinch of salt. Bake in crust.—Mrs. J. E. McKenney, Bishop's Mills, Ont.

2.—½ cup cocoanut, 1½ cups milk, ½ cup sugar, 1 tablespoon flour, butter size of an egg, yolk of 2 eggs, and a pinch of salt. Beat the whites for the top.—Amy Zimmerman, Smithville, Ont.

3.—2 cups rich sweet milk, heat in double boiler, 1 egg, ⅔ cup sugar, 1 large tablespoon flour, beat together, cook in milk. Have a rich pie crust previously baked, and fill with layer of filling, then cocoanut with whipped cream on top.—Miss Margaret Forbes, Blenheim, Ont.

4.—2 eggs (white of 1 for frosting), ¾ cup of sugar, 2 tablespoons cocoanut, 2 tablespoons flour, about 1½ cups sweet milk, or enough to fill pie. Bake with an under crust.—Mrs. Jas. Skeen, Port Credit, Ont.

5.—1 large cup milk, 1 tablespoon cornstarch, 1 egg, ¼ cup white sugar, vanilla to taste, stir over fire until it thickens, then just before taking it off the stove add ½ cup of shredded cocoanut; keep the white of egg for frosting pie.—Mrs. Wm. A. Lawrence, Durham, Ont.

CURRANT PIE.—1 cup currants, ½ cup brown sugar, 2 tablespoons water, 1 tablespoon flour, yolks of 2 eggs, bake in 1 crust, and when baked cover with the beaten whites and ½ cup granulated sugar and brown. —Mrs. Wm. Hakney, Goodwood, Ont.

CUSTARD PIE.—2 eggs, 3 tablespoons sugar, ⅛ teaspoon salt, 1½ cups milk, nutmeg. Beat eggs slightly, add sugar, salt and milk, line plate with paste and build up a fluted rim; strain in the mixture and sprinkle with nutmeg. Bake in quick oven to set rim, then decrease heat.—Mrs. John Woods, Richmond Hill, Ont.

DATE PIE.—Stone and boil ½ pound dates, put through colander, then add 2 eggs well beaten, ½ cup milk, 2 teaspoons cornstarch, 2 tablespoons sugar; boil in double boiler till thick. Have a nice rich pie shell baked, put filling in and, before using, cover with nicely flavored whipped cream. This makes 1 pie.—Mrs. O. Johnston, Elmvale, Ont.

FAVORITE PIE.—Mash 6 stewed apples and while hot stir in a tablespoon butter; when cool add the beaten yolks of 4 eggs, 1 cup sugar, 1 cup cream and juice of one lemon; line pie tins with good crust, fill with above mixture, bake in a quick oven and spread the beaten whites of the eggs sweetened a little over top, place in oven and brown lightly. This is enough for two large pies.—Mrs. John Wands, Merlin, Ont.

FRUIT PIE.—Must be baked in a 2-quart tin basin to give it the right shape ; the basin must be of nearly the same size top and bottom; first make a nice pie crust, put a layer of it in the bottom, but not around the side of the dish; then a layer of chopped sour

WHITE SWAN YEAST CAKES the best on the market

apples 2 inches thick; a layer of chopped raisins; sprinkle sugar over this, pieces of butter any size you like—cloves and nutmeg are nice; another layer of crust and fruit, etc., until your dish is full; put a crust on the top; bake slowly for 2 hours; when done turn bottom upwards on a plate, and before putting it on the table sprinkle fine sugar over it. It is quite as good when warmed again as when first baked. It takes 1 pound of raisins, 10 or 12 good-sized apples, 2 large cups sugar.—Mrs. John Woods, Richmond Hill, Ont.

LEMON PIE.—Yolks of 2 eggs beaten, 2 cups warm water, 2 dessertspoons cornstarch, 1 cup sugar, juice and grated rind of 1 lemon, pinch of salt; beat whites of eggs for top.—Mrs. James Abor, Box 295, Meyersburg, Ont.

2.—Line a pie plate with crust, bake and set aside to cool. Take yolk of 1 egg, 1 cup granulated sugar, juice and grated rind of 1 lemon, 2 heaping teaspoons cornstarch; mix yolk of egg and sugar together and juice of lemon and cornstarch; mix all together, and stir into it 1 cup boiling water and cook until thick; pour into pie shell and frost with the white of egg beaten to a stiff froth with a teaspoon sugar, and a few drops lemon; set in oven until top is browned.—Mrs. Wm. Whitney, Washago, Ont.

3.—Juice and grated rind of 1 large lemon, 1 cup sugar, 2 eggs, 2 tablespoons (rounded) flour, 1 cup milk. Put the sugar into the yolk and beat, add flour and beat again; add milk, fold in the stiffly beaten whites, being careful not to beat the mixture after the whites are added. The whites rise to the top while baking and form a sort of meringue, so the pie is really as good to look at as to eat.—Mrs. A. E. White, Whitevale, Ont.

4.—Juice and grated rind of one lemon, 2½ tablespoons cornstarch, 1½ cups sugar, yolks of 4 eggs, 3 cups boiling water. Cook till thick, stirring all the time. This makes filling for 2 pies. Then beat stiff the whites of the 4 eggs, with one tablespoon

sugar, spread evenly over the tops, return to the oven to brown slightly.—ELIZA HARRIS, Verschoyle, Ont.

MAPLE SYRUP PIE.—Put crust on tin, then beat together 1¼ cups syrup and 3 eggs, put in pie and bake in a moderate oven.—MABEL BEGG, Payne's Mills, Ont.

2.—1 cup maple syrup, 1 cup water, 2 eggs (whites for frosting), 2 small tablespoons flour, butter size of a walnut. Bake the crust and cook custard in double boiler.—MRS. MILTON FENNELL, Kars, Ont.

MINCEMEAT. — 3 large lemons, 3 large apples, 1 pound stoned raisins, 1 pound currants, 1 pound suet, 2 pounds brown sugar, 1 ounce sliced candied citron, 1 ounce sliced candied orange peel, and the same quantity of lemon peel, 1 teacup brandy, 2 tablespoons orange marmalade; then add to this pulp the apples, which should be baked and cores removed; put in the remaining ingredients one by one and, as they are added, mix everything very thoroughly together. Put the mincemeat into a stone jar with a closely fitting lid, and in a fortnight it will be ready for use. Seasonable in December.—MRS. DAVID P. THOMSON, Hill House, Orillia, Ont.

2.—4 pounds beef tenderloin, 2 pounds suet, 3 pounds brown sugar, 3 pounds seeded raisins, 3 pounds currants, 1 ounce mace, 1 ounce nutmegs, 1 ounce cinnamon, 1 ounce cloves, 15 large apples chopped fine, 2 pounds citron sliced, grated rind and juice of 4 lemons, grated rind and juice of 4 oranges, 1 quart brandy, 1 pint Madeira wine, 1 tablespoon salt. Preparation.—Boil the beef until well done, when cold chop it fine; chop suet and apples and add to the beef; mix the sugar and spices and add to them the wine, brandy, lemon and orange juice. Mix the raisins, currants, citron, lemon and orange rinds. Now combine gradually the three sets of ingredients, after having added the salt to the liquid part, using a small portion of each until all are used. Pack in stone jars, cover closely, and keep in a dry, cool closet. This will keep a long time.—MRS. FRED. BAYS, Forestville, Ont.

Cowan's Cake Icings will save you time and trouble.

3.—2 quarts meat, 4 quarts chopped apples, 25 cents' worth raisins, 25 cents' worth currants, 1 quart sealer raspberries, ½ cup vinegar, salt, pepper, ground cloves, allspice, cinnamon and nutmeg.—Mrs. Wm. Dingwall, Hopeville, Ont.

4.—2 pounds sugar, 2 pounds meat (chopped fine), 2 pounds apples (chopped), 3 pounds raisins (stoned), 2 pounds currants, 1¾ pounds suet chopped fine, ½ pound lemon peel, ½ pound citron peel, 1 pint brandy, juice and grated rind of 3 lemons, 1 tablespoon cinnamon, 2 nutmegs, 1 teaspoon ground cloves, salt and pepper to taste, 1 pint cider.—Celia Brannon, Apto, Ont.

5.—4 pounds meat, 4½ pounds apples, ¾ pound suet, 3 pounds raisins, 1 pound figs, 4 tablespoons cinnamon, 2 tablespoons cloves, 3 tablespoons salt, 3 pounds sugar, 1 cup molasses, 3 nutmegs; boil raisins and figs, chop meat, apples and suet fine, put on stove with sugar, salt, etc.; add ½ cup stock (liquor in which raisins and figs were boiled), and add 1 cup sweet pickle vinegar. Cook till all is boiling hot, then put in sealers or crock and cover tight; add peel and cider if desired.—Mrs. Robt. McQuaig, Blairton, Ont.

LEMON MINCEMEAT.—2 large lemons, 6 large apples, ½ pound suet, 1 pound currants, ½ pound sugar, 2 ounces candied lemon peel, 1 ounce citron peel, mixed spice to taste. Pare the lemons, squeeze them, and boil the peel tender enough to mash; add to the mashed lemon peel the apples minced, then the chopped suet, currants, sugar, peel and spice. Strain the lemon juice to these ingredients. Stir the mixture well, put in a jar with a closely fitting lid; stir occasionally. In one week it will be ready for use.—Mrs. Grace Goulter, Shanty Bay, Ont.

MOCK MINCE PIE.—¼ cup cracker crumbs, ¼ cup sugar, ¼ cup molasses, 1-6 cup lemon juice or vinegar, ½ cup raisins seeded and chopped fine, ¼ cup butter, or ½ cup suet, 1 egg beaten, spice to taste. Mix in order given. Bake between crusts or cook, add eggs

at last and serve in baked crusts.—Mrs. John Woods, Richmond Hill, Ont.

SPRING MINCE PIE.—1½ cups chopped raisins, 1 cup brown sugar, 1 cup molasses, 1 cup warm water, ½ cup vinegar, 2 well-beaten eggs, 5 crackers pounded fine, stir all together, and season with spices as other mince pies; bake with rich crust. For the top crust roll, then cut in narrow strips and twist and lay across. This will make 2 pies.—Mrs. A. Scott, Acton's Corners, Ont.

TOMATO MINCEMEAT. — 1 peck green tomatoes cut fine, 4 pounds sugar, 2 tablespoons cinnamon, 2 tablespoons cloves, 2 tablespoons allspice, 1 tablespoon salt, 1 nutmeg, 1½ cups vinegar; cook all together, then add 2 pounds of raisins, 3 lemons, sprinkle tomatoes with salt, let stand over night, then drain. Is delicious for pie or can be used as a sauce with cold meats. —N. M. Hough, Avonmore, Ont.

ORANGE PIE.—Juice and rind of 1 orange, 1 cup sugar, yolks 4 eggs, 2 tablespoons cornstarch, 1 cup milk. Line pie tin with pie paste, pour in mixture and bake till cooked. Save white of eggs for frosting. —Mrs. Chas. Nixon, Dalston, Ont.

2.—The juice and rind of an orange, 1 cup sugar, the yolk of 2 eggs, 2 tablespoons flour, 1 teacup milk, line the dish with paste, pour in the custards; bake till done, beat the whites of eggs to a stiff froth, add 4 tablespoons of pulverized sugar, spread it on the pie and brown lightly.—Mrs. A. Quantz, Painswick, Ont.

3.—1 orange, 1 tablespoon flour, ½ cup sugar, salt, yolks of 2 eggs, 1 cup sweet milk; use whites for frosting.—Mrs. Frank Shelswell, Hawkestone, Ont.

OSGOODE PIES.—3 eggs (whites of 2 for top), 1 cup raisins, 3 tablespoons vinegar, 1 tablespoon butter, 1¼ cups sugar, 1 teaspoon mixed spice, 1 tablespoon cornstarch, 1 cup water. Cook all together, and put in crust that has been previously made. This will make 2 pies.—Mrs. Chester Hall, Wilsonville, Ont.

WHITE SWAN SPICES most economical and sure

PIE PLANT PIE.—1 cup stewed pie plant, 1 cup sugar, 1 tablespoon flour, yolk 1 egg, white for frosting, flavor with lemon; bake with 1 crust.—Mrs. Ray Milmine, Corinth P.O., Ont.

PINEAPPLE PIE.—Beat ½ cup butter and 1 cup fine white sugar to a cream, add the well-beaten yolks of 5 eggs, 1 small cup sweet cream, 1 small pineapple grated and lastly the stiffly beaten whites of the eggs. Bake in 1 crust. — Mrs. J. Mitchell, Gibson, York Co., N.B.

PARLIAMENT PIE.—Cream together 1 pound sugar, ½ pound butter, 5 eggs, 2 teaspoons ground cinnamon, 1 pint sweet milk, 1 teaspoon baking soda, 1 pound bread crumbs fine, 1 pound currants, dry and roll the bread crumbs fine; line your bake dish with pie paste, and pour in the mixture.—Mrs. M. Howell, Forestville, Ont.

RHUBARB AND RAISIN PIE.—1 cup raisins, 1½ cups rhubarb, 1 cup sugar, ½ lemon (grated rind only), 2 yolks; stone raisins, chop fine with rhubarb, add sugar and rind, cook. As removed from fire add yolks. Stir vigorously.—Mrs. John Woods, Richmond Hill, Ont.

RHUBARB CUSTARD PIE.—2½ cups rhubarb, 1½ cups sugar, 2 yolks. Cook rhubarb with about 1 tablespoon water, add sugar just as remove from fire, add beaten yolks of eggs and stir vigorously. Put in shell, cover with meringue.—Mrs. John Woods, Richmond Hill, Ont.

RICE PIE.—1 quart milk (boiled), 1 small teacup rice flour mixed in a little cold milk; add to the boiling milk, 2 tablespoons butter; when cold add five eggs well beaten, sweeten to taste, flavor with vanilla and bake.—Mrs. John Woods, Richmond Hill, Ont.

PUMPKIN PIE.—To make 4 large pies take 2 quarts stewed mash pumpkins, 1 quart rich milk, 6 eggs, 1½ cups light brown sugar, 1 tablespoon each of cinnamon

and allspice, 1 teaspoon salt, ½ teaspoon ginger, ½ nutmeg, and the juice of 1 lemon.—Mrs. Stinson, Red Rock, Victoria Co., Ont.

2.—2 cups mashed pumpkin, 1 cup granulated sugar, 2 cups milk, 2 eggs, 1 dessertspoon butter, 1 small teaspoon salt, 1 good teaspoon ginger, 1 small teaspoon cinnamon; put all in but the eggs while the pumpkin is warm. The above quantities make filling for 2 pies.—Mrs. Bell, Amber, Ont.

PUMPKIN PIE WITHOUT EGGS.—2 cups mashed pumpkin, 1 pint sweet milk, 2 soda biscuits rolled fine, 1 cup sugar, ½ teaspoon ginger, a little grated nutmeg, ½ teaspoon salt. This makes enough for 2 pies.—Ruth Cox, Box 71, Brantford, Ont.

2.—1 pint cooked pumpkin, 1½ cups sugar, 1 quart good hot milk, 1 teaspoon ginger, 1 teaspoon cinnamon, a little salt, 4 tablespoons flour.—Mrs. J. H. Chester, Hespeler, Ont.

RAISIN PIE.—½ pound raisins chopped, 2 eggs, 1 lemon, 1 cup sugar, tablespoon flour, butter half the size of an egg.—Mrs. David Curry, Heckston, Ont.

2.—Yolks of 2 eggs, 1 cup sugar, 1½ cups sweet cream, pinch of salt, 1 cup seeded raisins chopped fine, cook till it thickens, then flavor with vanilla. If not quite thick enough add a little flour. Put into a baked crust, beat the whites of the 2 eggs, add a little sugar and vanilla and spread over the top and set in the oven to harden a little.—Mrs. Alexa Gilliat, Granville Centre, Annapolis Co., N.S.

SAND PIE.—1 cup currants, 1 cup milk, 1 egg, sugar to suit taste; make crust as for custard pie, pour in mixture and bake.—Mrs. G. D. Bannister, Wilsonville, Ont.

SQUASH PIE.—1 egg, 1 cup squash, 1 cup milk, ⅓ teaspoon salt, ¼ cup sugar, 1 teaspoon molasses, ½ teaspoon ginger, 1/16 teaspoon cinnamon, speck of cloves, 3 drops vanilla.—Mrs. John Woods, Richmond Hill, Ont.

Cowan's Supreme Chocolate—The finest cooking chocolate

TAIT PIE.—1 cup flour, ¾ cup brown sugar, ½ cup sweet milk, 1 egg, 1 teaspoon soda, 2 tablespoons apple butter, 1 small teaspoon allspice, butter size of an egg. Bake with bottom crust. This makes 2 pies. This is a tried recipe and is good.—Mrs. Allen Stager, Plattsville, Ont.

THREE-DECKER PIES.—1 cup brown sugar, 1 pint table syrup, ½ pound currants, 2 eggs, 2 lemons, cut rind in very small pieces. Use good rich pastry, divide the mixture in half, line 3 plates with pastry, put ½ of mixture in them, then cover with thin pastry without markings, add remaining ½ of mixture and cover. Bake well in a moderate oven.—Mrs. Ben Johnston, Islington, Ont.

WASHINGTON PIE.—1½ cups flour, 1 cup sugar, 1 teaspoon cream tartar, ½ teaspoon soda; break into a cup 2 eggs, add to them a piece of melted butter the size of an egg, fill the cup with milk. Bake in 2 large layers, placing jam or jelly between.—Mrs. A. A. McCean, Lime Hill, Inverness Co., N.S.

2.—1 cup sugar, 1 egg, ½ cup milk, butter the size of an egg; make a stiff batter as for cake, using 1 teaspoon baking powder to 1 cup flour; bake in jelly pan, slip it off and spread with strawberry or raspberry jam; over this spread the whites of 2 eggs beaten to a stiff froth with a little sugar. Put in oven till set; eat with or without cream, while hot. This is also good cut when cold and used for a cake.—Edith Hitch, Clinton, Ont.

3.—1 egg, ½ cup milk, ½ cup sugar, butter size of walnut, 1½ cups flour, 1 teaspoon baking powder, a few drops vanilla. Bake in a round tin and when baked, cut in two and fill with the following filling: 1 pint milk, 2 eggs, ¾ cup sugar, 1 teaspoon vanilla, 2 tablespoons cornstarch. Put milk on the stove and when it boils add the cornstarch dissolved with a little of the milk, then the beaten eggs, sugar and flavoring.—Miss Annie Bueglass, Laurier, Ont.

WINTER PIE.—Cream 3 tablespoons buttermilk, 4 tablespoons sugar, add the yolks of 2 eggs beaten, ¼ cup

flour mixed with ½ teaspoon baking powder, flavor with 1 tablespoon of the juice of canned cherries. Fill crusts, bake and then put in fruit from which the juice has been drained and make a frosting of the whites of eggs.—Mrs. Elemer Atkinson, Box 46, Nixon P.O., Ont.

VINEGAR PIE.—1 egg, 1 heaping tablespoon flour, 1 cup sugar, beat well together; add a tablespoon sharp vinegar, 1 cup cold water, flavor with nutmeg, bake with 2 crusts. This is excellent.—Mrs. S. E. Jarvis, Vittoria, Ont.

TART SHELLS.—White of 1 egg, 2 tablespoons granulated sugar, 1 cup lard, 2 tablespoons cold water, 2 small teaspoons baking powder. Put lard in dish, add sugar and mix together; add the beaten white of egg and water and sift baking powder with flour and mix stiff enough to roll; cut with large biscuit cutter and take 2 off sides, turn towards centre (which has been dampened with a little water), then other 2 sides, and press down in centre with finger, or just 3 sides will do. Bake in very hot oven and when needed, fill with good jelly or jam. These keep for an indefinite length of time and are very convenient to have on hand ready for unexpected company.—Mrs. W. S. Dies, Shannonville, Ont.

PUFF PASTE.—½ pound or 1 cup butter, 2 cups or ½ pound flour, ½ teaspoon salt, ¼ to ½ cup ice water. Make 6 shells. Wash butter in ice water until soft and waxy, then place in napkin and knead it a little to free from moisture. Reserve 2 tablespoons butter and shape remainder into a circular piece ½ inch thick and keep on ice until ready to use; work 2 pounds butter into flour, moisten to a dough with ice water, turn on a slightly floured board and knead 1 minute. Roll on a napkin and place on ice for 15 minutes; pat and roll into a piece 5 inches thick, a little wider than long, and square corners. Place butter in centre of lower half; cover butter by folding upper half of paste over it, pressing edges firmly to shut in the air. Fold right side

WHITE SWAN YEAST CAKES make Baking Day a pleasure

of paste over enclosed butter, the left side under; turn half way round, cover and let stand 5 minutes; pat and roll ¼ inch thick, having paste longer than wide, lifting often to prevent sticking and dredging board slightly with flour; fold from ends towards centre, making 3 layers; cover and let stand 5 minutes. Repeat twice, turning paste half-way round each time before rolling. Now fold from end to centre and double, making four layers; put in cold place to chill, or fold in a towel. Put in dripping pan and place between pans of crushed ice. The baking is as important as the rolling. After shaping, chill thoroughly before baking. The oven must be very hot, the greatest heat coming from the bottom, that the paste may rise before it begins to brown. While rising it is often necessary to decrease the heat by opening check to stove or placing a basin of ice water in the oven; turn the paste frequently that it may rise evenly; but do not open door for first five minutes, when it has risen its full height; slip a pan under sheet on which paste is baking. Puff paste should be baked on a tin sheet covered with a double thickness of brown paper or a dripping pan may be used.—Mrs. John Woods, Richmond Hill, Ont.

CHOW PASTE.—½ cup butter, 1 cup boiling water, 1 cup flour, 3 eggs, ¼ teaspoon salt; mix as for cream puffs.—Mrs. Milton Savage, Elgin Mills, Ont.

CREAM PUFFS.—1 cup hot water, 1½ cups butter, boil together, and while boiling stir in 1 cup sifted flour, dry; take from stove and stir to a thin paste; after this cooks stir in 3 unbeaten eggs, stir 5 minutes and drop in tablespoonfuls on buttered tins and bake in quick oven 25 minutes, opening door not oftener than necessary. Be careful that they do not touch each other. Fill when cold. Filling for Cream Puffs.—2 eggs, 1 cup sugar, 2 cups milk, 1 tablespoon cornstarch, season with vanilla; bring to a boil, then cool.—Mrs. G. Lunn, Port Talbot, Ont.

CREAM PUFFS.—½ cup butter, 1 cup water, 1 cup flour, put butter and water on the stove; while

boiling add the flour, stirring all the time till cooked; when cool, add 4 eggs, drop in small spoonfuls on a buttered pan and bake 25 minutes in a hot oven; when cool, split 1 side and fill with cream filling or whipped cream.—Mrs. John Woods, Richmond Hill, Ont.

FILLING FOR CREAM PUFFS.—2 cups milk, ½ cup sugar, 1 egg, 1 tablespoon flour, pinch salt, 1 teaspoon vanilla; put the milk on the stove when hot, add the egg and sugar beaten with flour; cook when cool, add vanilla.—Mrs. Wm. Pearson, Corinth, Ont.

CREAM PUFFS.—1 cup water, ½ cup butter; boil together; when boiling, stir in 1 cup flour; when almost cold stir in 3 unbeaten eggs. Drop on buttered tins and bake 25 minutes. Fill with whipped cream.—Miss May Brooks, The Grove P.O., Ont.

ENGLISH TART FILLING.—2 eggs, 1 cup granulated sugar, ¾ cup currants, 1 teaspoon butter; keep the white of 1 egg out for icing.—Milton F. Barr, Mount St. Louis, Ont.

TART FILLING.—1 egg, ½ cup granulated sugar, ½ cup currants, 1 tablespoon butter, juice of 1 lemon; mix altogether, put in tart shell, and bake in a moderate oven. I have made these and have had good satisfaction, and are well liked around here.—Miss Lizzie Duke, care Miss Jennie Box, Port Hope, Ont.

2.—1 egg beaten light, 1 cup brown sugar, 1 teaspoon vanilla; cook in the tart shells.—Mrs. Chas. Mann, Baltimore, Ont.

3.—2 eggs, 1 cup sugar, ½ cup butter, 1 cup currants; fill tarts and bake in a moderate oven.—Mrs. Jos. Hewitt, Edgar, Ont.

BANBURY TARTS.—1 egg, 1 cup currants, 1 cup sugar, grated rind and juice of 1 lemon, 2 tablespoons hot water; boil and fill puff paste and cook.—Mrs. Jas. Cunningham, Thornton, Ont.

BANBURY TART FILLING.—1 egg, 1 cup sugar, 1 cup currants, juice and rind of 1 lemon. Method:

An indescribably dainty chocolate confection— Cowan's Maple Buds

Beat egg, add juice and rind, sugar and currants, bring to a boil.—Isabella Grice, Stouffville, Ont.

BUTTER TARTS.—3 eggs (beaten), 1 cup brown sugar, ½ cup butter, 1 cup currants, 1 teaspoon vanilla. —Mrs. Wm. Thompson, Kleinburg, Ont.

2.—1 cup brown sugar, ½ cup butter, 1 egg, 1 cup currants, flavor with nutmeg or whatever you wish. This quantity will fill a dozen shells, fill into uncooked shells and brown well.—Mrs. D. E. Thomson, Ardtrea, Ont.

3.—1 cup sugar, 1 cup butter, cream together, 2 eggs, 1 cup currants; bake in medium hot oven in tart shells.—Mrs. J. P. Peacock, Woodbridge, Ont.

4.—2 eggs, whites and yolks beaten separately, ½ cup butter, 1 cup brown sugar, 1 cup currants, a little nutmeg.—Margaret Baird, Saintfield, Ont.

5.—1 egg, 1 cup brown sugar, 1 teaspoon water, 2 teaspoons butter, 2 teaspoons flour, 1 teaspoon vanilla, stir well and put in tart shells and bake in oven.— Mrs. Reuben Luna, Mount Joy P.O., Ont.

6.—¾ cup brown sugar, ½ cup butter melted, 1 cup currants, and 1 egg.—Mrs. W. W. Beelby, Thornton, Ont.

CANADIAN TART.—Cover pie plate with short paste, cover with raspberry jam, beat 1 tablespoon butter with 3 tablespoons sugar, add 2 eggs, ½ teaspoon baking powder, and flour, and make soft paste; spread on jam.—Mrs. G. Rowley, Box 88, North Battleford, Sask.

CHOCOLATE ECLAIRS.—Press paste from bag with plain tube, ¾ inch in diameter on buttered sheet, in strips 3½ inches long; when baked or cold, fill with cream filling, spread smooth on under side with chocolate frosting.—Mrs. John Woods, Richmond Hill, Ont.

CHOCOLATE TARTS.—½ cup milk and ½ cup water, add 1 cup sugar, 1 teaspoon butter, pinch soda, and ½ cake grated chocolate. When this boils add

1½ tablespoons cornstarch dissolved in a little water; let this boil until thickened, and add 1 teaspoon vanilla. Place in tart shells and put icing on top. If this filling is not quite stiff enough, add more cornstarch.—ZELLA I. EVANS, Claremont, Ont.

COMPOSITION TARTS.—4 eggs, 1 tablespoon vinegar, ½ cup sugar, 2 cups table molasses, 1 teaspoon butter, ½ nutmeg. Fill tart shells and bake in medium hot oven.—MRS. J. T. PEACOCK, Woodbridge, Ont

CRANBERRY TART.—2½ cups cranberries, 1¼ cups sugar, ½ cup water. Pick over and wash cranberries, add water, cover and cook over moderate fire until all the berries have burst, then add sugar and cook to thoroughly combine. Cook and put in previously baked lower crust just before serving, cover with lattice of baked crust, or bake mixture in crust without previously cooking.—MRS. JOHN WOODS, Richmond Hill, Ont.

CURRANT TARTS.—1½ cups currants, 1 cup white sugar, 1 tablespoon butter, 1 egg, a little salt, ¼ cup sweet milk.—MRS. T. J. DEZELL, Wallace, Ont.

2.—A rich crust, line tins, add well-beaten 1 cup sugar, 2 eggs, butter size of egg, 1 cup currants, 1 teaspoon vanilla; bake light brown.—MRS. JAMES ABOR, Box 295, Meyersburg, Ont.

LEMON PRESERVE FOR TARTS.—2 eggs, 1 cup sugar, rind and juice of 1 lemon, ½ cup butter; cook all together until thick.—MRS. A. E. MORTON, Keswick, Ont.

LEMON FILLING FOR TARTS.—Juice of 2 lemons and rind of one, 1 cup sugar, 2 ounces butter, 2 or 3 well-beaten eggs; boil till it thickens, and fill in baked shells. —MRS. J. E. COAD, Oakwood, Ont.

CHEESE TARTS.—1 cup sugar, yolks of 2 eggs, 1 cup currants, 1 tablespoon cornstarch; use whites for frosting.—MRS. CORA C. BOYD, Mt. Salem, Ont.

WHITE SWAN COFFEE the connoisseur's choice

LEMON CHEESE FOR TARTS.—1 pound white sugar, the rind of 2 lemons, juice of 3 (or 4 small ones), 6 eggs (leaving out the whites of 3), 6 ounces of butter. Boil until the thickness of honey. Put into sealers and keep in a cool place; will keep a long time.—Mrs. Thos. Bottomley, South River, Ont.

LEMON TARTS.—1 pound white sugar, 6 eggs (leaving out whites of two), juice of 3 lemons, grated rind of 2, ½ pound fresh butter. Put in saucepan and simmer until thick like honey.—Mrs. G. A. Black, Villagedale, Shelburne Co., N.S.

MAPLE SYRUP TARTS.—1¼ cups maple syrup, 2 tablespoons granulated sugar, 1 teaspoon butter, yolks of 2 eggs, 2 tablespoons flour; cook until thick. Fill tart shells already cooked, and cover with whipped cream or the meringue of whites of eggs.—Flora A. Leitch, Dutton, Ont.

SYRUP TARTS.—1 cup sugar and a little water, let sugar melt, then add 1 egg, a little butter and vanilla.—Mrs. Geo. L. Rae, Zephyr, Ont.

SAND TARTS.—½ pound butter, 1 pound brown sugar, 1 pound flour, 3 eggs; roll out, cut like cookies, brush with white of egg, sprinkle with granulated sugar and cinnamon melted, put raisin or almond in centre of each. Bake in quick oven.—Mrs. John Woods, Richmond Hill, Ont.

SUET TARTS.—1 cup suet, 1 cup currants, 1 cup sugar, grated nutmeg to taste, pinch of salt, add no water. Bake in tart dishes in good rich crust.—Mrs. E. V. Learn, Mt. Salem, Ont.

VINEGAR TARTS.—1 cup brown sugar, 1 egg, 2 tablespoons vinegar, ½ teaspoon essence lemon, all mixed together. This will make 12 tarts.

PUDDINGS AND DESSERTS

Sweet Sauces.

1. Liquid.—*a.* Thickened with starchy material. Maraschine sauce and lemon sauce.

b. Thickened with egg.—Cooked: soft custard, chocolate sauce; uncooked: yellow sauce, frothy sauce.

c. Thickened with sugar syrup.—Creamy sauce, caramel sauce fruit, banana sauce.

Firm.—*a.* Basis of hard sauce. *b.* Meringue. *c.* Whipped cream. *d.* Fruit jellies.—Macdonald Institute, Guelph, Ont.

PUDDING SAUCE.—6 tablespoons sugar, 2 tablespoons butter, 2 tablespoons flour, 1 tablespoon vinegar, and water.—Mrs. Dr. Robertson, Milton, Ont.

2.—Take 1 quart new milk, set on stove in granite dish; when hot add 1 cup sugar and yolks of 2 eggs, well beaten; stir until it thickens, add a little salt and 3 tablespoons of cornstarch, wet it with water and stew until smooth; when this thickens, set away to cool, then take 2 cups good cream and beat with an egg beaten until thick; add ½ cup white sugar, and teaspoon vanilla; whip up again and pour over top of pudding.—Mrs. W. A. Hoey, Randwick, Ont.

3.—1 tablespoon cornstarch, 2 tablespoons vinegar, 1 tablespoon butter, 1 cup white sugar, ½ nutmeg, 1 cup boiling water; cook until it thickens.—Mrs. Charles Mann, Baltimore, Ont.

APRICOT SAUCE.—2 cups boiling water, 2 squares in lemon rind, 1 cup sugar, 2 tablespoons flour, 2 tablespoons butter, 2 tablespoons lemon juice. Cook first flour until somewhat thick, add butter and lemon juice just before removing from the stove, remove rind. —Mrs. Milton Savage, Elgin Mills, Ont.

BANANA SAUCE.—4 ripe bananas, 3 oranges, 1 apple thin sliced, 1 cup water, 2 teaspoons cornstarch, ½ cup sugar, pass pulp of bananas through a colander, then a sieve; add apple and water; when boiling, add cornstarch and sugar, simmer 10 minutes, add orange juices, strain.—Mrs. Milton Savage, Elgin Mills, Ont.

CARAMEL SAUCE FOR PUDDINGS.—Place 1 cup brown sugar in frying pan, let brown, stir frequently to prevent burning, pour on boiling water, thicken with a little flour and season with a dash of nutmeg.—Mrs. Chas. Johnson, Box 306, Blenheim, Ont.

2.—1 large spoon butter, 2 tablespoons brown sugar, boil together till slightly browned, then add 1 pint boiling water, thicken with 1 tablespoon flour or cornstarch.—Mrs. W. T. Welwood, Macville, Ont.

CHOCOLATE SAUCE.—2 cups milk, 1½ teaspoons cornstarch, 2 squares Cowan's Chocolate, 2 tablespoons hot water, 2 eggs, 7 to 8 cups powdered sugar, blend cornstarch with 1 pint milk, add rest scalded; cook in double boiler with chocolate, add 4 tablespoons sugar and hot water, stir until smooth, add to cooked mixture; beat whites until stiff, add rest of sugar and unbeaten yolks, stir into cooked part, cook 1 minute, add vanilla.—Mrs. Milton Savage, Elgin Mills, Ont.

CREAM SAUCE.—2 cups milk, 4 tablespoons butter, 4 tablespoons flour, ½ teaspoon salt, a little pepper. Melt butter in saucepan, add the flour and stir until frothy; add milk, stir constantly until it boils a minute, then add seasoning.—Mrs. John Woods, Richmond Hill, Ont.

2.—1 cup cream, 1 teaspoon cornstarch, 1 teaspoon butter, season with salt and pepper, garnish dish with hard-boiled eggs and sliced lemon.—Mrs. John Cowan, Pilot Mound, Man.

BREAD PUDDING.—Pieces of bread or toast, 2 eggs, sugar to taste, milk to fill dish. Put milk in dish, add beaten eggs, add sugar to taste, then put in toast or bread. When done, sprinkle with white sugar and nutmeg.—Miss M. K. Macdonald, Guelph, Ont.

CUSTARD SAUCE.—1 egg, ⅔ cup milk, 1 tablespoon sugar, pinch salt, flavoring. Heat the milk in a double boiler, beat the egg just enough to mix it thoroughly; stir in the sugar and the salt; stir the hot milk into the egg, return to the double boiler, and stir constantly. When it thickens and coats the spoon, turn immediately into the bowl, add the flavoring and stir a moment or two. The thickness of this custard will depend upon the size of the egg and the length of time it is cooked. An average egg will make a sauce suitable for pouring over fresh fruit for dessert.

Variations.—1. 1 cup milk to one egg is better proportion when this is for pudding sauce. 2. 2 egg yolks and 1 cup milk are used for the bottom of floating island or for pudding sauces. 3. The flavoring may be lemon, vanilla or almond according to taste, and caramel or melted chocolate may be added for variety. People who like coffee may often use ½ milk and ½ coffee instead of all milk.—MACDONALD INSTITUTE, Guelph, Ont.

FOAMY SAUCE.—½ cup butter, 1 cup powdered sugar, 1 egg, 2 tablespoons wine, or 1 teaspoon vanilla. Cream butter, add sugar gradually, egg well beaten and wine, beat while heating over hot water.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

GOLDEN SAUCE.—½ cup butter, 1 cup light brown sugar, ½ cup fruit juice, ⅛ teaspoon mace, 2 yolks eggs. Cream butter and sugar, put over hot water, stir until liquid, then add beaten yolks, mace and fruit juice, stir until it thickens. Serve at once.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

HARD SAUCE.—½ cup butter, ⅔ cup powdered sugar, 1 teaspoon lemon juice, ⅔ teaspoon vanilla. Cream butter, add sugar gradually and flavoring. The beaten yolk or white of egg may be added; beat mixture well. Form on serving dish and put in cool place until used.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

2.—⅓ cup butter, 1 cup powdered sugar, ⅔ teaspoon vanilla.—MRS. JOHN WOODS, Richmond Hill, Ont.

Give the children Cowan's Maple Buds

LEMON SAUCE.—Beat together until light the yolks of 2 eggs, 1 cup sugar, ½ cup butter, 1 tablespoon cornstarch, juice of 1 lemon. Stir this into 1½ cups boiling water until sufficiently thick for the table.—Mrs. Wm. Robinson, Jarvis, Ont.

2.—½ cup sugar, 1 cup boiling water, 1 tablespoon cornstarch, 2 tablespoons butter, 1½ tablespoons lemon juice; mix sugar and cornstarch, add nutmeg, water gradually, stirring constantly; boil 5 minutes. Add other material.—Mrs. Milton Savage, Elgin Mills, Ont.

ORANGE SAUCE.—2 teaspoons cornstarch, 1 cup sugar, 1 pint boiling water, let simmer 10 minutes; add juice and rind of 2 oranges and lemons, and 2 tablespoons butter.—Mrs. Milton Savage, Elgin Mills, Ont.

PINEAPPLE BAVARIAN SAUCE.—1 tin pineapple heated, ½ ounce gelatine to set it; cool, add 1 pint whipped cream. Put in moulds and set in ice.—Mrs. H. B. Ohrt, 20 Farnham Ave., Toronto, Ont.

RICHELIEU SAUCE.—Put 1 cup sugar into saucepan with 1 cup boiling water, let it boil 5 minutes; add 1 teaspoon arrowroot moistened with a little water and cook till clear. Remove from fire, flavor with 1 tablespoon kirsch, and add 2 tablespoons shredded almonds and candied cherries. Cut into small pieces.—Mrs. Milton Savage, Elgin Mills, Ont.

SWEET DRESSING.—1 cup sugar, ½ cup water, 3 eggs, juice of 2 lemons; boil sugar and water 5 minutes; beat whites until stiff, add yolks to whites, beat until mixed; add syrup gradually, add lemon juice; chill.—Mrs. Milton Savage, Elgin Mills, Ont.

YELLOW SAUCE.—2 eggs, 1 cup sugar, 1 teaspoon vanilla or ½ teaspoon vanilla and 1 tablespoon brandy; beat eggs until very light; add sugar gradually and continue beating the flour.—Mrs. Milton Savage, Elgin Mills, Ont.

WHIPPED CREAM WITHOUT CREAM.—1 cup bananas, white of 1 egg, 2 tablespoons white sugar;

beat with fork for 10 minutes. Any kind of fruit can be used as 1 cup grated apple, 1 cup crushed strawberries. The strawberries make a very pretty pink for cake.—A. ETHEL MOORHOUSE, Cairo, Lambton Co., Ont.

PUDDING.—About ½ hour before meat is done, make a batter of 1 quart milk, 4 beaten eggs, 2 cups flour, 1 teaspoon salt. Be careful not to get batter too stiff. Pour batter into pan under the meat and let the juice from the meat drip on it while baking. It should be yellow-brown when done.—MRS. M. A. DUTCHER, Vegreville, Alta.

A NICE PUDDING.—2 cups bread crumbs, 2 cups suet, 1 cup sugar, 4 eggs, sufficient milk to make all nice and soft, as for an ordinary bread pudding; season with 1 teaspoon each of cinnamon and allspice, and ½ teaspoon nutmeg. Bake in a moderate oven for 1 hour or more. If eggs are scarce it is quite as nice with 2 cups flour and 2 eggs.—MRS. J. A. KILLOUGH, Riverside Farm, Pense, Sask.

ALMOND CUSTARD PUDDING.—Make a delicate sponge cake and fill it with blanched almonds, pour over it a little wine and then a rich vanilla custard.—MRS. CHAS. A. MASON, Ellesmere, Ont.

APPLE AND BREAD PUDDING.—Chop ½ dozen apples; put a layer in a baking dish, then a layer of bread crumbs, sugar and nutmeg sprinkled on; continue until the dish is full, then take 1 egg beaten in 1½ cups sweet milk, and pour over it; bake ½ hour.—MRS. J. W. THOMSON, Walsh P.O., Ont.

APPLE TAPIOCA OR SAGO.—7 cups pearl or minute tapioca, cold water to cover, soak 1 hour, drain and add 4 cups water, ½ teaspoon salt, 2 square inches lemon rind; cook in double boiler until transparent. Core and pare 7 sour apples, arrange in buttered baking dish, fill cavities with sugar and bake in moderate oven until apples are soft; serve with sugar and cream. Other fruits may be used, as peaches, pears, stewed prunes, bananas or cooked figs or quinces.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

WHITE SWAN BAKING POWDER the finest medium-priced baking powder on the market

APPLE PUDDING.—2 cups flour, 4 level teaspoons baking powder, 1 egg, 6 tablespoons milk, 4 tablespoons butter, 4 tablespoons sugar, a little salt, 3 large apples, peeled and sliced as for pie. Cream the butter, add sugar, then egg, and beat well, then flour and milk, alternately, stirring apples.—Mrs. John Woods, Richmond Hill, Ont.

SAUCE FOR PUDDING.—Mix ¾ cup sugar, and 2 tablespoons cornstarch with a little cold water, add ½ cup maple syrup and 1½ cups boiling water. Cook about 5 minutes.—Mrs. Ben. Leavens, Bloomfield, Ont.

APPLE PUDDING.—2 cups flour, 2 teaspoons baking powder, ½ teaspoon salt, moisten with good cream after mixing dry ingredients thoroughly. Have the dough quite soft, as for biscuit; roll to the size of a large pie pan, place in a large, well-buttered pudding dish and spread on the dough 2 cups chopped apples, ½ cup sugar and any ordinary spice or flavoring; moisten the edge of dough and press together to form a covering for the filling. Over the top spread a cup of sugar and pour into the dish enough cold water to completely cover the pudding. Place in a moderately hot oven and bake ½ hour, when it will be found ready to serve with a sauce of its own.—Kate L. Nelson, Box 210, Paisley, Ont.

Also contributed by Mrs. Alex. McAlpine, Ostrander, Ont.

2.—Take a ½ dozen medium-sized apples, peel, core and cut in quarters, and with ½ cup sugar and a little water, put in saucepan and stew until they are about half done. Make a batter of 1 egg, 1 cup sugar, butter size of small egg creamed together, 1 cup sweet milk, a heaping teaspoon of baking powder and flour to thicken. Put apples in pudding dish, pour batter over them and bake. When done spread butter over the pudding and serve with cream.—Mrs. Alex. Mitchell, Strafford-ville, Ont.

3.—Pare and slice ½ dozen cooking apples, grease a pudding dish, put a thick layer of grated bread crumbs,

then a layer of apples, with sugar and nutmeg, and repeat until dish is full; bake thirty minutes. Serve with cream and sugar.—Mrs. D. C. Cook, Orangeville P.O., Ont.

4.—Fill a buttered baking dish with sliced apples and pour over the top a batter made of 1 tablespoon of butter, ½ cup sugar, 1 egg, ½ cup sweet milk and 1 cup flour, in which has been sifted 1 teaspoon baking powder. Bake in a moderate oven from 30 to 45 minutes. Serve with cream and sugar or pudding sauce. Peaches are very nice served in the same way.—Mrs. Roy Saunders, St. Thomas, Ont.

APPLE BIRD'S NEST PUDDING.—Apples, sugar, 1 tablespoon flour, ½ pint milk, 1 egg. Pare and core apples, fill cavity with sugar, pour over batter made with 1 tablespoon flour, ½ pint milk, 1 egg, and sugar to taste. Bake 1 hour.—Mrs. A. Christie, 88 Birge St., Hamilton, Ont.

DUTCH APPLE PUDDING.—1 pint flour, ½ teaspoon salt, 2 teaspoons baking powder, ¼ cup butter, 1 egg, 1 cup milk, 2 tablespoons sugar, 4 sour apples, cored and cut into eighths. Mix flour, salt and baking powder, rub in the butter, beat the eggs and mix with the milk and stir with the dry mixture. Turn the mixture into a shallow pan, press the sharp apples into the dough slightly, bake in a quick oven 20 or 30 minutes. Sauce.—1 egg, cup sugar, milk to make thick as cream, season with vanilla.—Mrs. Wm. Dingwall, Hopeville, Ont.

BATTER PUDDING.—1 tablespoon butter, ½ cup white sugar, 1 egg, ¾ cup sweet milk, 2 cups flour, 2 teaspoons cream tartar and 1 teaspoon soda; put any kind of fruit in bottom of dish and pour over it this batter and steam 1½ hours. Add sugar on fruit as desired. Serve with cream or with any sauce, as you please.—Mrs. T. H. Higgins, Maccan, N.S.

BAKED BATTER PUDDING.—1½ pints milk, 4 tablespoons flour, 2 ounces butter, 4 eggs, a little salt.

Cowan's Perfection Cocoa makes sturdy children

Mix the flour with a little cold milk, make the rest hot (but not too hot), pour it on the flour, keep the mixture well stirred, add butter, eggs and salt. Beat the whole well and put the pudding into a buttered pie dish; bake ¾ hour. Serve with a sweet sauce or stewed fruit, or add sugar to taste before cooking and serve with cream. —Mrs. Wm. C. Wilson, East Oro, Ont.

BEEF PUDDING.—½ pound beef, 1 quart flour, ½ pound suet, ½ teaspoon salt; cut the beef into small pieces; chop suet very fine, and add to flour, and salt and mix into a stiff paste with a knife, roll out and line a bowl with the paste, and fill in the beef, with salt and pepper to taste, and dust with flour. Put in a little water and then cover the top with paste, and join the edges well. Tie down into a cloth and plunge into boiling water and keep boiling for 4 hours.—Mrs. W. Lawrence, Painswick, Ont.

BERRY PUDDING (Steamed).—1 pint flour, 1 teaspoon Magic baking powder, a pinch of salt; make into a soft batter with milk. Put into well-buttered cups—a spoonful of batter, then one of berries, then another of batter; steam.—Velma Pascoe, Oshawa, Ont.

BLACK PEPPER PUDDING.—½ pound suet, 2 cups flour, 1 teaspoon baking powder, a little salt and 1 teaspoon black pepper; mix stiff with cold water and tie in a floured cloth and boil 2 hours. To be eaten with all kinds of hot meat dinners.—Mrs. John Archer, Newbury, Ont.

BLACK PUDDING.—1 egg, 1 cup molasses, ½ cup cold water, 1½ cups flour, 1 teaspoon soda, 1 teaspoon cinnamon. Steam for 2 hours.—Mrs. Walter Edwards, Box 101, Cookshire, P.Q.

BREAD AND ALMOND PUDDING.—1 cup bread crumbs, 2 cups hot milk, ½ cup chopped almonds, 2 eggs, ½ cup sugar, juice and rind of 1 lemon. Soak crumbs in milk, beat yolks with sugar; add to milk, add nuts and lemon, fold in beaten whites, bake in a small mould 20 minutes. Serve with orange sauce.—Mrs. John Woods, Richmond Hill, Ont.

BREAD PUDDING.—Take stale pieces of bread and pour over it as much sweet milk as will cover it nicely; put a small plate on top of it to keep bread under milk, let stand a couple of hours, then ½ hour before dinner beat up 2 eggs separate, 1 cup sugar, little salt and flavoring, stir into soaked bread; bake in oven; when done spread a few spoonfuls of jelly or fresh fruit on top and cover with the beaten whites of eggs; return to oven to brown. Serve with a good sauce or cream.—Mrs. John Hart, Barryvale, Ont.

2.—3 cups bread crumbs, 1 cup sour milk, 1 cup brown sugar, 1 teaspoon soda, ¼ cup butter, ¼ cup seeded and chopped raisins, ¼ teaspoon cinnamon, ¼ teaspoon cloves, ¼ teaspoon allspice. Stir all together and steam ¾ hour. Sauce.—1½ tablespoons flour, 4 tablespoons cold water, stir until smooth, then add 1 cup boiling water; sweeten to taste, 1 tablespoon butter, grated rind and piece of 1 lemon. — Mrs. Norman McCurdy, Ranelagh, Ont.

3.—1 quart finely-powdered bread crumbs slightly dampened with water, ½ teaspoon cloves, 1 cup molasses, 1 cup flour, 1 cup chopped raisins, 1 teaspoon soda. Mix well and steam 1 hour. Pudding Sauce.—¾ cup sugar mixed with 2 tablespoons flour, add a little nutmeg and 1 tablespoon butter; pour over this 1 pint boiling water and stir till smooth.—Mrs. Alfred Everitt, Box 366, Thamesville, Ont.

ROLLED BREAD PUDDING.—To 1 quart bread crumbs, soaked soft in a cup of hot milk, add 1 cupful molasses, 1 cup fruit or chopped raisins, 1 teaspoon each of spices, 1 tablespoon butter, 1 teaspoon salt, 1 teaspoon soda, cup sifted flour; boil or steam 3 hours. Serve with sweet sauce.—Mrs. W. Teed Inch, New Jerusalem, N.B.

CHOCOLATE BREAD PUDDING.—1 cup stale bread crumbs and 2 cups milk; put on the fire and heat to the boiling point; add a heaping tablespoon butter, another of grated Cowan's Chocolate or Cocoa, a small ½ cup sugar and a teaspoon vanilla. Take from the fire and

WHITE SWAN YEAST CAKES expel disappointments

cool; stir in the beaten yolks of 3 eggs, and last, fold in the stiff whites; put in a buttered dish and bake. Serve with cream.—Mrs. R. Wadsley, East Ora, P.Q.

STEAMED BREAD PUDDING.—3 cups grated bread, 1 cup sour milk, 1 teaspoon soda, 1 cup coffee sugar, ¼ teaspoon each allspice, cinnamon, and cloves; steam from 1 to 2 hours.—Mrs. W. Leonard, Vanessa, Ont.

BROWN BETTY.—Pare and slice fine about ½ dozen cooking apples; butter a pudding dish and put in a layer ½ inch thick of bread crumbs, add bits of butter, put in a layer of chopped apples, sugar and nutmeg, and repeat till the dish is full; pour over the whole a cup of cold water; bake for 30 minutes. Serve with cream.—Miss Hilda Smith, Rockland, Ont.

2.—2 cups sugar, 1 cup butter, ½ cup milk, 3 eggs, 1 cup currants, ½ cup chopped raisins, 1 cup chopped walnuts, vanilla, 1 teaspoon soda, 2 teaspoons cream tartar, flour to make very stiff. Bake in small lumps. —Miss S. A. Cann, South Ohio, Yarmouth Co., N.S.

BROWN PUDDING.—2 cups flour, 1 cup cornmeal, 1 cup molasses, 1 cup suet, 2 eggs, 1 small teaspoon soda, enough milk to make a nice batter, steam 2 hours and serve with sweet sauce.—Miss E. Frances McNeill, Oakville, Ont.

CARAMEL PUDDING.—3 tablespoons cornstarch, 1 pint milk scalded, brown 1 tablespoon butter and 1½ cups brown sugar. When melted, add to milk, add cornstarch, vanilla, add almonds if desired; put in delf mould. Serve with cream and sugar when cold.—Miss J. Sills, Gretna, Ont.

2.—2 cups brown sugar, put in pudding dish with just enough water to keep from burning and put on stove to brown; beat yolks of 3 eggs well, then stir in 2 tablespoons cornstarch, and if too thick, add a little milk, and pour in the sugar and cook. Have the whites of the eggs beaten stiff and pour over the rest, stirring briskly, and serve with or without cream, as preferred.—Mrs. Geo. Campbell, Creighton, Ont.

CARROT PUDDING.—1½ cups flour, 1 cup suet, 1 cup molasses, 1 cup grated potatoes, 1 cup grated carrots (both potatoes and carrots are grated raw), 1 cup currants, 1 cup raisins, a little salt and pinch of soda. Mix all together, pour into a buttered basin and steam 3 hours. Eat with sweet melted butter. The potatoes make the pudding light and the carrots help to give it a rich brown color.—MISS ETTA LAWRENCE, Spencerville, Ont.

2.—1 cup grated potatoes, 1 cup grated carrots, 1 cup suet, 1 cup raisins, 1 cup currants, 1 cup yellow sugar, 1½ cups flour, 1 teaspoon soda. Mix all the ingredients and place in a mould and steam 4 hours.—MRS. P. M. MCEWEN, Kindersley, Sask.

Also contributed by MRS. LAWSON GREER, Kars, Ont.

CASTLE PUDDING.—2 eggs, their weight in butter, sugar and flour, ¼ teaspoon baking powder (Royal), cream the butter and sugar, add the eggs well beaten; stir in the flour, having the powder well mixed with it. Bake in buttered darioles (long-shaped little tins) for 20 minutes, turn out and serve with jam sauce poured round.—MRS. BLACK, Westville, N.S.

CHEESE PUDDING.—Cut in inch squares stale bread and butter evenly, put 1 layer in pudding dish, then add a little salt and pepper and ⅓ cup grated cheese; repeat this, but for top layer use ⅔ cup cheese. Beat 1 egg, add 1 pint sweet milk, pour over bread and bake ½ hour. Serve hot in place of potatoes. This is delicious and is a good way to use up stale bread and dry cheese.—MRS. MENNO S. WEBER, R.R. No. 1, Waterloo, Ont.

CHILDREN PUDDING.—1 cup brown sugar, 1 egg, 2 tablespoons syrup, 3 tablespoons melted butter, ½ cup raisins, ½ cup currants, 1 teacup buttermilk, 1 small teaspoon soda, 4 cups flour; boil in a cloth for 2 hours, serve with sauce.—MRS. ROBT. JOHNSTON, Carlyon P.O., Ont.

CHOCOLATE SOUFFLE.—(a) 3 egg yolks, ½ cup powdered sugar, 3 tablespoons Cowan's Perfection Choco-

Cowan's Cake Icings are prepared ready for use

late (grated). (b) Whites of 6 eggs, ⅛ teaspoon salt, beaten very stiff. Beat (a) 10 minutes, fold in (b), turn into a buttered pan, bake 10 minutes in a hot oven. Serve immediately.—Mrs. Chas. Hawkins, Washago, Ont.

CHOCOLATE AND ALMOND PUDDING.—1 tablespoon butter, ½ cup flour, ½ cup grated chocolate (3 ounces), ½ cup milk, 5 eggs, ¾ cup sugar, 1 cup chopped almonds. Cook butter, flour, chocolate and milk over fire, stirring constantly. Set it to cool. Beat yolks with sugar until creamy; add it to cold mixture, a spoonful at a time. Mix thoroughly, fold in beaten whites, turn into a buttered mould. Steam 2 to 3 hours and serve with hard sauce.—Mrs. Milton Savage, Elgin Mills, Ont.

CHOCOLATE PUDDING.—½ cup grated Cowan's Perfection Chocolate, 1½ pints sweet milk, 3 tablespoons sugar, butter size of walnut, 3 eggs, 2 tablespoons cornstarch, 2 teaspoons vanilla. Dissolve chocolate in milk, then add cornstarch and eggs. Boil for 8 or 10 minutes, put in buttered cups to cool. Eat with cream and sugar.—Miss Reba Rothwell, Albermarle Farm, Gilford, Ont.

2.—3 tablespoons cornstarch, 2 tablespoons chocolate or good cocoa, 1 (scant) teaspoon salt; blend with cold water; add 1 quart boiling water and boil 2 minutes, then add 1 cup white sugar, 1 teaspoon butter, ½ teaspoon vanilla. Serve warm or cold with cream.—Florence E. Starr, Newmarket, Ont.

3.—3 cups milk, 1 cup bread crumbs, 2 tablespoons Cowan's Perfection Chocolate (grated), 3 tablespoons sugar; let come to a boil, stirring the while; when cool add 2 eggs, pinch of salt, vanilla to flavor; pour into buttered dish, bake ½ hour, add the whipped whites of eggs.—Miss Myrtle Adamson, Kelso, Ont.

4.—2 ounces Cowan's Perfection Chocolate (grated), 1 pint milk, ½ cup bread crumbs, 2 eggs, ½ cup butter, ½ teaspoon salt, 1 cup sugar, ½ cup raisins, ½ cup currants. Steam 1 hour and serve hot.—Mrs. E. C. Smith, Box 447, Simcoe, Ont.

CHRISTMAS PUDDING.—2 pounds currants, 2 pounds stoned raisins, 2 pounds suet, 2 pounds flour (dry it), ½ pound brown sugar, ½ pound bread crumbs, 1 pound candied fruit, 2 grated nutmegs, ½ ounce mixed spice, 15 eggs, juice of 2 lemons, pinch of salt; mix stiff with a little milk, and boil 8 hours, then boil when wanted. Will keep for months.—Mrs. Britten, Nober, Ont.

2.—2 pounds currants, 2 pounds raisins, 2 pounds sugar, 2½ pounds suet chopped, 6 eggs, 10 cents lemon peel, 10 cents orange peel, 10 cents citron peel, 1½ cups buttermilk, 2 teaspoons soda, a little salt and ginger, 1 tablespoon cinnamon, 1 dessertspoon allspice and cloves mixed, a little nutmeg, 1 cup molasses, 1½ pounds bread crumbs, 1 pound flour, a wine glass of brandy.—Agnes Boothroyd, L.B. 165, Thamesville, Ont.

3.—1 pint raisins, 1 pint currants, 1 pint suet, 1 pint flour, ½ pint bread crumbs, 1 cup buttermilk, 1 cup sugar, 5 eggs, a little candied orange or lemon peel, 1 teaspoon baking soda, a little nutmeg. Mix all together and boil 3 hours. To be eaten with wine sauce. —Mrs. W. A. Dix, Fergus, Ont.

CHRISTMAS PLUM PUDDING.—1 pound raisins, 1 pound currants, 1 pound suet, 1 pound sugar, ½ pound flour, ½ pound bread crumbs, ½ pound mixed peel, 1 teaspoon salt, 1 nutmeg grated, ½ teaspoon spice, 8 eggs, ½ pint milk. Stone raisins if not the dressed ones, wash, dry and pick currants, mince suet fine, cut into thin slices the mixed peel, grate fine the bread crumbs, and sift the flour; add spices, sugar and salt, and when the ingredients are well mixed together beat the eggs, add the milk; stir well that everything may be thoroughly blended. Press into buttered moulds or basins, tie down tightly with a floured cloth, and boil from 6 to 8 hours. Serve hot with a good sweet sauce. —Mrs. J. Atkinson, Souris, Man.

MOCK CHRISTMAS PUDDING.—Boil ½ pint milk and pour over some stale bread, then add 1 cup currants, butter the size of egg, ½ cup brown sugar,

WHITE SWAN SPICES guaranteed under Government warranty

pinch of salt, 2 tablespoons molasses or table syrup, 1 teaspoon baking soda, spice to taste. Steam for 2 hours. Can be eaten with or without sauce. This is good and cheap.—Mrs. F. Wright, Chauvin, Alta.

STEAM XMAS PUDDING.—1 egg, ½ cup sugar, ½ cup molasses, 1 cup sour milk, 1 cup suet, 1 cup raisins, 1 cup currants, season to taste, 1 teaspoon soda, flour to make not too stiff.—Mrs. L. B. Myers, Lynn Valley, Ont.

CREAM FRUIT PUDDING.—Whites of 2 eggs, 1 cup berry jam, ½ cup sugar, beat all together ½ hour. Serve with sweet cream.—Lulu Huff, Kent Bridge, Ont.

COCOANUT PUDDING.—1 pint milk, ½ cup sugar, 2 eggs, 2 tablespoons cocoanut, ½ cup crackers, 1 teaspoon lemon extract; bake ½ hour. Frosting.—Whites of 2 eggs, ¼ cup sugar, put in oven and brown.—Miss Etta Lazenby, Ballantrae, Ont.

COCOANUT TAPIOCA PUDDING.—Soak 4 tablespoons tapioca 4 hours in cold water, pour off water and stir tapioca into 1 quart milk, boil together 10 minutes; add yolks of 3 eggs, 1 cup sugar, 3 tablespoons cocoanut, and cook 5 minutes longer. Use whites of eggs for meringue for top.—Mrs. J. Erwell Miller, Milton, Lennox Co., Ont.

COLD CABINET PUDDING.—1 tablespoon granulated gelatine, ¼ cup cold water, 2 cups scalded milk, 3 yolks eggs, ⅓ cup sugar, ⅛ teaspoon salt, 1 tablespoon brandy, 1 teaspoon vanilla, 5 lady fingers, 6 macaroons, angelica, candied cherries. Make custard, add gelatine soaked in cold water, strain, let thicken slightly, add flavoring. Place mould in ice water and decorate bottom with the angelica and cherries. Cover with mixture; when firm, add layer of lady fingers soaked in the gelatine mixture, then layer of macaroons; repeat until mould is full. Serve with cream sauce, garnish with candied cherries.—Mrs. John Woods, Richmond Hill, Ont.

CORNSTARCH PUDDING.—1 pint sweet milk, 2 tablespoons cornstarch, 3 tablespoons white sugar, add a little salt; boil milk, then add sugar and cornstarch; boil until thick. Beat the whites of 3 eggs to a stiff froth and add just before removing from stove. Sauce for Pudding.—1 pint sweet milk, 3 tablespoons sugar, beaten yolks of 3 eggs. Cooked like boiled custard, flavor with vanilla.—Mrs. O. McMichael, Waterford, Ont.

2.—Boil 1 quart milk, then beat the yolks of 4 eggs with 4 tablespoons cornstarch and a little milk; stir into the boiling milk, let it boil up once and turn into a pudding dish; then beat the whites of the eggs to a froth and add 4 spoons white powdered sugar, cover the pudding with the mixture, set in the oven and let brown lightly, flavor with vanilla.—Mrs. Thos. F. Boutlier Cosheath, Sydney, N.S.

CORNSTARCH SOUFFLES.—2½ ounces cornstarch, 3 ounces butter, 3 ounces fine white sugar, 3 large eggs, 1 pint milk; melt the butter in a saucepan, add to it the cornstarch and sugar, mix them together, then add milk heated to nearly boiling; stir well with a wooden spoon until it boils and thickens; let it cool and beat well into it the yolks of the eggs; beat the whites to a stiff froth and stir gently into the mixture; add to it any flavoring you like. Slightly butter a dish, pour in the mixture and bake in a slow oven. This is very light and should be served quickly as Souffles very soon "fall." This same mixture will make any kind of Souffle; for instance, if you add to it vanilla, you have a vanilla souffle; add chocolate and you have a chocolate Souffle, and so on, and by leaving out the sugar from the above mixture, this recipe will make dozens of savory Souffles in the following way: Add pepper, salt and mustard, and enough grated cheese to flavor, then you have a cheese Souffle. You can make ham, tongue or chicken by adding the ham, tongue, etc., mixed up. —Mrs. Black, Westville, N.S.

COTTAGE PUDDING.—1 cup sugar, 1 egg, ½ cup butter, 1 cup milk, 2 teaspoons baking powder, 1 pint

Cowan's Supreme Chocolate combines richness, strength and smoothness

sifted flour, 1 cup raisins, steam 2 hours, serve with sauce.—Mrs. Wm. Perrett, Thamesville, Ont.

2.—½ cup sugar, 1 tablespoon butter, 1 egg, ¼ cup sweet milk, 1 cup flour, 1 teaspoon baking powder. Put in a round buttered tin and bake in a quick oven.—Mrs. Thomas Platts, Lot 3, Alma, P.E.I.

CROW'S NEST.—Butter a pie plate and fill with sliced apples, then make a batter as follows: 2 eggs, ½ cup sugar, 1 teaspoon butter, ½ cup sweet milk, 1 teaspoon baking powder, flour for a nice stiff batter. Bake slowly so that apples will cook well, then turn out of the plate upside down, sprinkle with soft sugar and ½ teaspoon cinnamon, a little butter in spots; then turn a plate over it and let steam about ten minutes. Serve with or without milk.—Mrs. J. C. Frank Allin, Ostrander, Ont.

CUP PUDDING.—3 eggs, ¾ cup sugar, ¾ cup flour, ¾ cup milk, about ½ cup butter, 1½ teaspoons baking powder; butter your cups, pour in small quantity of preserves, then fill with batter half-way; steam 20 minutes. This will make 8 medium-size cups.—Mrs. Mabel MacDonald, Vinegar, Ont.

2.—Butter cups and fill about ⅓ full of fresh or canned raspberries; fill cups ¾ full of a batter made by sifting 2 teaspoons baking powder in 1½ cups flour, 2 tablespoons sugar, heaping tablespoon butter, 1 egg if desired, pinch of salt, enough sweet milk to make rather stiff; place in steamer over boiling water and steam from 20 to 30 minutes. Turn out on plates and serve hot with 1 cup yellow sugar creamed with ½ cup butter.—Mrs. Chas. Johnson, Box 306, Blenheim, Ont.

DATE PUDDING.—1 pound dates, ½ pound chopped suet, a little salt, 1½ cups flour, 2 teaspoons baking powder; mix with cold water very stiff, steam 2½ hours. Mrs. F. Ecker, Carholme, Ont.

2.—Soak 1 cup tapioca in 4 cups cold water over night, add 1 pound dates stoned and chopped, ½ cup brown sugar, 1 teaspoon salt; steam 1 hour; after tak-

ing from stove add 1 dessertspoon vanilla. Serve with cream.—CLARA L. ROBINSON, Markham, Ont.

3.—½ pound suet, 6 ounces bread crumbs, 1 cup flour, ½ pound dates, 2 ounces sugar, 2 eggs, 1 cup milk. Stone and chop dates, mix bread crumbs, flour and sugar, add dates, beat eggs well and add to milk; mix all well for 10 minutes. Put into a mould and steam for 3 hours. Serve with sweet sauce. This is delicious eaten cold.—MRS. R. HILL, Box 312, Tillsonburg, Ont.

DELICATE PUDDING.—1 cup sugar, 1 cup milk, 1 egg, 1 cup raisins, butter size of an egg, 2 teaspoons baking powder, flour to make a stiff batter; steam 1 hour.—MRS. EZRA SNYDER, Blair, Ont.

DEANERY PUDDING.—¼ pound flour, ¼ pound bread crumbs, ¼ pound suet, 2 ounces sugar, 2 ounces sultanas, ½ nutmeg, a pinch of salt, 2 tablespoons treacle, 2 eggs, 1 teaspoon baking powder, rind and juice 1 lemon, or a few drops essence lemon; steam 2 hours.—MRS. GEO. SIMPSON, Box 36, Semans, Sask.

DOVER PUDDING.—1 cup suet or butter, 1 cup bread crumbs, 1½ cups flour, 1 cup raisins, 1 cup currants, 1 cup buttermilk, 1 cup sugar, 1 egg, 1 teaspoon soda, 1 teaspoon cloves, 1 teaspoon cinnamon, lemon peel to suit taste; steam 3 hours.—MRS. ROY ANDREWS, St. Williams, Ont.

DUTCH PUDDING.—2 cups flour, 1 large teaspoon baking powder, butter size of an egg, mix well. Beat 1 egg light and ⅔ cup milk, pour into dry mixture; stir and spread ½ inch thick in baking pan, peel 4 apples, cut and stick into dough and sprinkle with sugar and bake. Serve with cream.—MRS. J. T. CAVANAGH, Edgar, Ont.

FARMER'S PUDDING.—2 eggs, 1 cup sweet milk, 1 pint flour, 2 tablespoons butter, 2 tablespoons sugar, 2 teaspoons baking powder; bake in a moderate oven. —MRS. RAY MILMINE, Corinth, Ont.

WHITE SWAN BAKING POWDER contains no alum

FIG PUDDING.—½ pound suet, 1 pound figs cut fine, 1 pound bread crumbs, ½ pound brown sugar, 1 egg and 1 nutmeg, ½ teaspoon soda, 1 cup flour and sour milk enough to moisten; steam 3 hours.—Mrs. Robert Cook, Apto, Ont.

2.—½ pound figs chopped fine, ½ pound suet, ½ pound brown sugar, ½ pound bread crumbs, 2 ounces candied lemon, 2 eggs well beaten, a little nutmeg, and a tablespoon molasses mixed in milk; put in a mould and boil 3 hours.—Miss A. Wade, Brunetta, Alta.

FROZEN FIG PUDDING.—1 quart sweet milk, 4 eggs, 1 cup sugar, 2 teaspoons vanilla, ½ pound English walnuts, ½ pound figs. Scald the milk, beat eggs, add sugar, pour hot milk into the eggs and cook until it coats the spoon; add the other ingredients and freeze.—Mrs. M. F. Hall, Teeterville, Ont.

FRUIT PUDDING.—1 cup chopped suet, 1 cup raisins, 1 cup currants, 1 cup molasses, ½ cup brown sugar, 1 teaspoon salt, 1 teaspoon cinnamon, 1 teaspoon ground cloves, 1 teaspoon nutmeg, 1 teaspoon sour milk, 1 teaspoon baking soda dissolved in sour milk, flour to thicken as stiff as can be stirred with a batter spoon. Steam 2 hours.—Mrs. Chas. Nixon, Dalston, Ont.

2.—1 cup currants, 1 cup raisins, 1 cup suet, 1 cup flour (or a little more if needed), ½ cup milk, 1 teaspoon soda, 1 cup syrup, a pinch salt, and spice to suit the taste; steam 3 hours.—Miss Rose Wice, Painswick, Ont.

3.—1 egg, 1 pound raisins, 1 cup currants, ½ nutmeg, ½ lemon peel, 1 cup sugar, ½ pound suet, 1 cup water, 1 teaspoon salt, 3 cups flour, 2 heaping teaspoons baking powder; steam 3 hours.—Mrs. Garfield Grant, Jewitt's Mills, York Co., N.B.

FRUIT SNOWBALLS.—¼ cup butter, ½ cup sugar, ½ cup milk, 1 cup flour, 1½ teaspoons baking powder, 3 whites eggs, 1 cup fruit. Cream butter, add sugar, add flour and baking powder and milk, fold in the whites of eggs; put fruit in bottom of cups, add batter. Cover with oiled paper and steam ½ hour.—Mrs. John Woods, Richmond Hill, Ont.

FRUIT SOUFFLE.—¾ cup fruit pulp (either peach, apricot, quince or prunes), 3 whites of eggs, 1 cup sugar. Cook fruit, rub through a sieve, sweeten and add, perhaps, lemon juice. If canned fruit is used, first drain from syrup. Beat whites of eggs until stiff, add fruit pulp gradually and continue beating; turn into buttered moulds, having them ¾ full. Set moulds in pan of hot water and bake in slow oven until firm, which may be determined by pressing with the finger. Serve with custard.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

FRUIT SUET PUDDING.—Make same as plain suet pudding, adding ¼ cup currants, ¼ cup raisins stoned and cut in two, 1 square inch of citron sliced, ¼ cup molasses or sugar, a little nutmeg.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

GINGER PUDDING.—1 egg, 1 cup sugar, ⅔ cup sour milk, 1 cup raisins, 2 teaspoons ginger, 2 tablespoons molasses, butter size of a walnut, 1 teaspoon soda, flour enough to thicken; steam 1 hour.—MRS. JOHN T. SMOKE, Mount Nemo, Ont.

2.—½ cup brown sugar, ½ cup molasses, 1 teaspoon ginger, ½ teaspoon cloves, ½ teaspoon cinnamon, 1 tablespoon butter melted, 1 egg, 1 cup flour (good measure), 1 level teaspoon soda put in a cup and then half fill cup with boiling water, stir in quickly and bake in angel cake tin. Do not move while baking. Serve with sauce.—MRS. J. T. CAVANAGH, Edgar, Ont.

GINGER-BREAD PUDDING.—1 cup sugar, ½ cup butter, ½ cup molasses, 1 cup sour milk, 1 teaspoon soda, 1 teaspoon ginger, flour enough to make stiff.—MRS. R. FERGUSON, Isaleigh Grange, Danville, Que.

GINGER SWEET PUDDING.—Add to plain suet pudding 4 tablespoons molasses and 2 teaspoons ground ginger. Serve with lemon sauce.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

GRAHAM PUDDING.—¼ cup butter, ½ cup Graham flour, ½ cup golden syrup, ½ teaspoon soda, ½ cup milk, 1 scant teaspoon salt, 1 egg, 1 cup figs or

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raisins. Melt butter, add milk, egg well beaten, add fruit last, sift flour on fruit; steam 2½ hours. This is excellent.—Mrs. Jas. A. Remer, Milliken, Ont.

2.—2½ cups Graham flour, 1 cup milk, 1 cup molasses, ½ cup sugar, 1 cup raisins, 2 small teaspoons soda, 1 saltspoon salt; steam 2½ hours.—Mrs. C. A. Young, Richard's Landing, Ont.

3.—2 cups Graham flour, 1 cup sweet milk, ¼ cup yellow sugar, ¼ cup warm water, 1 teaspoon soda dissolved in the water, ½ cup molasses, 1 nutmeg; steam 2 or 3 hours. This is nice plain, or add fruit—1 cup chopped dates, raisins, figs or currants.—Mrs. W. A. Butler, Courtland, Ont.

Also contributed by Miss Ida Pugh, Balsam, Ont.

GRAPE-NUT PUDDING.—½ cup grape-nut, 1½ cups milk, yolks of 2 eggs, ½ cup white sugar, ½ cup chopped raisins, scald milk and pour over grape-nut, beat yolks of eggs with sugar, raisins and flavoring, then add to the milk; beat the whites of eggs and add to mixture. Bake in a slow oven in a pan of water for ½ hour.—Flora A. Leitch, Dutton, Ont.

HASTY PUDDING.—¾ cup sugar, 2 eggs, 1 dessertspoon butter, 2 small teaspoons baking powder; flavor and steam it nice with fruit of any kind; either put in the bottom or put on after, use with cream and sugar.—Miss C. A. Moon, Box 253, Orillia, Ont.

HONEYCOMB PUDDING.—1 cup molasses, 1 cup sweet milk, 1 cup beef suet chopped (or ½ cup butter), 1 cup raisins, 1 teaspoon soda, a little salt, spice to taste, 3 cups flour; steam 3 hours. A nice hard sauce for the above is made by stirring together a cup of brown sugar and ½ cup butter; flavor with vanilla.—Mrs. Hugh Aiton, Sussex Corner, N.B.

JUBILEE PUDDING.—2 eggs, butter size of an egg, ½ cup sugar, 1 cup flour, 1 teaspoon soda, 2 tablespoons strawberries; steam 1 hour.—Mrs. J. Byer, Atha, Ont.

KISS PUDDING.—Beat the yolks of 3 eggs with ½ cup sugar until light; add 1½ tablespoons cornstarch,

wet with a little cold milk; stir in 2 cups boiling milk until thick, then let cool. Beat the whites of 3 eggs with ½ cup sugar, spread over the top and brown in oven.—CATHERINE BLOW, Springford, Ont.

KISS-ME-QUICK PUDDING.—Take 2 ounces fresh butter, beat to a cream, add 2 ounces sifted sugar and gradually stir in 2 ounces flour and 1 teaspoon baking powder; add 2 well-beaten eggs, 2 tablespoons raspberry jam. Beat the whole thoroughly together, put in a buttered mould and steam 2 hours.—MRS. CHAS. NEWLOVE, Islington, Ont.

LEMON RICE.—1 cup rice boiled tender in 2 cups water, then add a custard made of grated rind of 1 lemon, yolks of 3 eggs, 1 pint milk; sweeten to taste and boil until the custard is set. Have ready the whites of 3 eggs beaten to a stiff froth with 1 cup of white sugar and juice of 1 lemon; put over the pudding and brown very slightly before serving.—MRS. D. E. THOMPSON, Ardtrea, Ont.

LEMON PUDDING.—½ pound suet, ¾ pound bread crumbs, ¼ pound flour, ½ pound sugar, 1 teaspoon baking powder, the grated rind and juice of 2 small lemons (or one large one), 2 eggs. Mix with milk—about half a cup full. Boil 4 hours.—MISS A. WADE, Brunetta, Alta.

2.—1 lemon (juice and rind), ¾ cup granulated sugar, 2½ tablespoons cornstarch, 2½ cups boiling water; cook till thick, take from stove and when nearly cool, stir in the whites of 2 eggs beaten to a stiff froth, and serve with sauce. Sauce for Lemon Pudding.—Yolks of 2 eggs, ½ cup granulated sugar, 1 even teaspoon cornstarch, 1 cup sweet cream and a little vanilla; put on stove and bring to a boil. Let cool before using.—MRS. G. LUNN, Port Talbot, Ont.

MAPLE CREAM PUDDING.—2 cups maple syrup, 2 cups milk, 2 eggs, 3 tablespoons cornstarch, 1 cup chopped walnuts. Scald milk, add to hot syrup, then cornstarch, and last the eggs, well whipped. Remove

WHITE SWAN YEAST CAKES give sure results

from fire, add nuts, place in mould on ice, and serve with whipped cream.—Mrs. Martin Connell, Spencerville, Ont.

MOLASSES PUDDING.—1 cup sour cream, 1 teaspoon soda, 1 cup Barbardos molasses, 2 cups flour, a little salt, spices to suit taste; steam 3 hours. Serve with sauce.—Mrs. F. E. Fay, Lambeth, Ont.

MARMALADE PUDDING.—2 eggs, the weight of them in flour and sugar, the weight of 1 in butter, 2 tablespoons marmalade, ½ teaspoon baking soda. Cream butter and sugar together, lightly stir in other ingredients. Set in a buttered basin and steam 2 hours, turn out to serve and pour marmalade sauce round. Sauce.—2 cups milk boiled, 2 tablespoons cornstarch, 2 tablespoons sugar, 2 tablespoons marmalade.—Mrs. J. N. Purcell, Box 189, Oakville, Ont.

MOUNTAIN DEW PUDDING.—3 crackers rolled, 1 pint milk, yolks of 2 eggs, a small piece butter. Bake ½ hour, then take the whites of the eggs, beat to a stiff froth, add 1 cup sugar and put it on the top and bake 15 minutes.—Clare Tansey, Acton's Corners, Ont.

ONTARIO PUDDING.—3 ounces flour, 2 ounces sugar, 1 ounce butter, 1 egg, 1 teaspoon baking powder; steam 1 hour.—Mrs. Geo. Simpson, Box 36, Semans, Sask.

ORANGE CUSTARD.—The rind and juice of 1 orange, 1 small cup powdered sugar, 1 small piece butter, 1 egg, ½ cup cold water, 1 teaspoon flour. Cook until of the consistency of a soft custard.—Mrs. W. F. Crosier, Utica, Ont.

ORANGE PUDDING.—1 cup sugar, 1 cup biscuit or bread crumbs, 1 egg, ½ teaspoon butter, grated rind and juice of 1 orange, 1 quart milk. Bake like custard and serve when cold.—Margaret Wilson, Eady, Ont.

3.—Peel and cut 3 oranges into small pieces, put into pudding dish, cover with 1½ cups granulated sugar, let stand 1 hour; make a custard of 1 pint milk,

yolks of 2 eggs, 2 tablespoons cornstarch. Let milk come to a boil, stir in starch and egg, dissolved in cold water, cook a minute, pour over the oranges; beat the whites of the 2 eggs, add a little granulated sugar, spread on the top, set in the oven to brown, let cool and serve. —Mrs. R. N. Taylor, West Osgoode, Ont.

PARADISE PUDDING.—6 apples chopped fine, 4 eggs, 1 cup sugar, 1 ounce bread crumbs, grated rind and juice of 1 lemon; put in greased mould and steam 1½ hours.—Mrs. T. G. Scythes, Thornton, Ont.

PINEAPPLE PUDDING.—When one has stale cake it can be made into pineapple pudding. Butter a baking-dish and line it with stale cake, take a large cup preserved pineapple and put in with more cake, in layers, with cake on top; pour over this a cup of cold water, cover with a plate and bake slowly for 2 hours. Serve with sauce.—Miss C. E. Judge, Slate River Valley, Ont.

POOR MAN'S PUDDING.—1 cup flour, ½ teaspoon each soda, cinnamon, ginger, allspice and salt; sift all together, add ¼ cup molasses and ½ cup each sweet milk and raisins. Steam 3 hours and serve warm with cream or sauce.—Mrs. M. Dixon, Port Wood, Queen's Co., P.E.I.

PLAIN PUDDING.—1 egg, ¼ cup sugar (scant), ⅓ cup lard (scant), ½ teaspoon salt; mix these thoroughly; 1 cup rich milk (cream is best), 2 teaspoons baking powder, 1 cup of any desired fruit (apples are nice), and canned fruit may be used successfully; enough flour to make a nice batter.—Miss Winnifred Nunn, Maple Lawn Farm, Box 83, Fenwick, Ont.

PLUM PUDDING.—1 pound stoned raisins, 1 pound currants, 1 pound stale bread crumbs, 1 pound brown sugar, ½ teaspoon ground ginger, ½ teaspoon mixed spice, ½ a nutmeg, ½ teaspoon salt, 2 ounces lemon peel, 2 ounces orange peel, 2 ounces citron peel, 2 cups milk; mix all the dry ingredients together, beat eggs separately and mix into the dry mixture. If not soft

enough, use 1 or 2 more eggs. Grease mold, put in the mixture into the steamer, cover closely, and steam 6 hours the first day and 2 hours before using.—Mrs. R. J. Story, Antrim, Ont.

ENGLISH PLUM PUDDING.—5 eggs, ½ pound sugar, 1 pound suet chopped fine, 1 pound raisins, 1 pound currants, 2½ pounds flour, 1 ounce candied lemon peel, 1 teaspoon cinnamon, 1 nutmeg, ½ teaspoon cloves, ½ teaspoon allspice, 1 tablespoon salt.—Mrs. Lewis Ketchabaw, Eden, Ont.

2.—1 pound raisins well chopped, 1 pound currants, ¼ pound suet finely chopped, pinch salt, ¼ pound butter, ½ cup brown sugar, ½ cup molasses, ¼ pound mixed peel (lemon, orange and citron) grated, ½ small nutmeg, 1 teaspoon each ginger, cinnamon, allspice and a very little ground cloves, 6 eggs well beaten, ¼ pound blanched almonds cut fine, add 1 pound bread crumbs and 1 cup flour. Be sure and flavor your fruit well before adding. Place in a bag, tie tightly, and boil for not less than 6 hours. Add a little salt to water in which it is boiled. Serve with sauce seasoned with grated lemon, and a little of the juice.—Mrs. D. McPhail, Wawanesa, Man.

3.—2 eggs, 1 cup sugar, 1 cup flour, ½ pound bread crumbs, ½ pound suet, ¼ pound candied peel, ½ pound raisins, ½ pound currants, 1½ cups sweet milk; spice to taste. Boil 6 hours.—Ethel Grass, Aylmer, Elgin Co., Ont.

PLUM PUDDING.—4 cups suet, 4 cups brown sugar, 4 cups flour, browned in oven, 4 cups bread crumbs, ½ cup molasses, 4 cups currants, 6 cups raisins, ½ pound candied peel, 8 eggs. Steam from 5 to 6 hours. —Mrs. Nort Breakey, Milliken P.O., Ont.

2.—1 pound raisins, 1 pound currants, 1 pound suet, 1 pound bread crumbs, 7 eggs, lemon peel to suit taste, 1 teaspoon cinnamon, 1 teaspoon allspice, ½ teaspoon soda stirred in just enough sour milk to moisten it; flour to make stiff enough. Steam 3 hours.—Mrs. W. J. Turner, Green River, Ont.

3.—1 cup beef suet, 1 heaping cup sugar, 2 cups bread crumbs, 1 cup raisins, 1 cup currants, 1 cup chopped almonds, ½ cup citron peel, a teaspoon soda, 1 pint flour, 1 cup milk, 4 eggs, 1 teaspoon each cinnamon, cloves, nutmeg, and salt; boil 4 hours.—Mrs. W. McWilliams, Mount Royal, Man.

PUFF PUDDING.—Mix 1 pint flour, pinch salt and heaping teaspoon baking powder into a soft batter with sweet milk, add whites of 2 eggs beaten stiff; have ready well-greased cups. This quantity requires 6 or 7; into each put a couple teaspoons batter, then a little preserved fruit, then more batter, leaving plenty room to rise; steam 20 or 30 minutes. Serve hot with sauce made of the 2 yolks, a cup milk, 2 tablespoons sugar, flavoring to suit.—Mrs. J. T. Cavanagh, Edgar, Ont.

PUMPKIN PUDDING.—2 eggs, 1 cup sugar, 1 cup sweet milk, lump butter size of an egg, nutmeg. Cut a fair-sized pumpkin in halves, remove seeds and waste matter, cut out the meat from one half, leaving only the rind whole; place in other half and cover with hollow half and set in kettle of boiling water to cook. When done, remove from water and add the eggs beaten well; sugar, milk, butter and flavor with nutmeg to taste. Stir together thoroughly until the whole assumes the form of a custard; replace the pumpkin covering and bake in a moderate oven.—Mrs. John Wood, Richmond Hill, Ont.

MAY PUDDING.—2 eggs, their weight in flour, weight of 1 egg in butter and sugar, add eggs beaten well, 2 tablespoons jam, ½ teaspoon soda. Steam ¾ of an hour.—Isabella Grice, Stouffville, Ont.

QUEEN OF PUDDINGS.—1 pint bread crumbs, 1 quart milk, 5 tablespoons sugar, 4 eggs, leaving out whites of 2 for meringue, 1 teaspoon lemon extract; beat eggs and sugar together, stir in ½ pint milk, put bread crumbs into a buttered pudding dish, pour the other pint milk over them, then the eggs. Cook in a moderate oven 1 hour, then spread over top jelly and

Cowan's Maple Buds—the most delicious of chocolate confections

whites of eggs sweetened with 1 tablespoon brown sugar.—Mrs. George Riley, 63 Marsh Rd., St. John, N.B.

2.—4 cups bread crumbs, 4 cups milk, 4 eggs (yolks), 1 teaspoon butter, 1 lemon (grated rind only), 1 cup sugar. Preparation: Soak bread crumbs in milk until soft, beat the eggs, sugar and a little salt together, add to the bread and milk with the butter and lemon, mix thoroughly, and bake in a quick oven, but do not let it get watery; after it is cooked spread with jelly, and frost with the following materials: 4 eggs (whites), 1 lemon (juice), ½ cup sugar. Mix all together and whip until light.—Mrs. R. E. Rockefeller, Port Rowan, Ont.

RASPBERRY TAPIOCA.—Put ¾ cup tapioca into a kettle, cover with 4 cups boiling water, and cook until transparent, stir into it 1 pint of fresh berries, adding sugar to taste, and pour into a mould; serve cold with cream.—Mrs. W. W. Beelby, Thornton, Ont.

RHUBARB PUDDING.—1 cup white sugar, 2 eggs, 1 cup sweet cream, 2 cups rhubarb cut in dices, 2 cups flour, 2 teaspoons baking powder; bake in oven. Any kind of fruit may be used in rhubarb pudding.—Miss Violet Lareck, Mildmay, Ont.

RHUBARB AND CORNSTARCH PUDDING.—Prepare rhubarb as for sauce, boil with plenty water, adding sugar to make quite sweet; when well cooked add enough cornstarch previously dissolved in cold water to make quite thick, stirring briskly to keep smooth. Serve when quite cold with sweetened cream.—Mrs. A. Clarke, Dundalk, Ont.

RICE PUDDING WITHOUT EGGS.—Wash ¾ cup rice, add 1½ quarts milk, grated nutmeg, and sweeten to taste with brown sugar. Bake very slowly and stir well once in a while.—Mrs. Ezra Snyder, Blair, Ont.

GERMAN RICE PUDDING.—3 cups milk, let it come to scald in double boiler, add ½ cup rice and some salt, and boil till soft, add ½ cup sugar and 4 tea-

spoons butter. Put in a dish, sprinkle with remainder of sugar, butter and cinnamon.—Mrs. John T. Smoke, Mount Nemo, Ont.

RICE PUDDING.—½ cup boiled rice, 4 eggs, ½ teaspoon nutmeg, 1 pint cream, ¼ pound raisins, ¼ pound peel, sugar to suit taste.—Mrs. C. A. Hyde, Bealton, Ont.

2.—½ cup rice, ½ cup sugar, 1 quart milk, ½ cup currants; put in oven 2 hours, when it will be ready to serve. Do not stir when in oven.—Leah Spenler, Poole, Ont.

SNOW PUDDING.—Take 4 tablespoons cornstarch and wet with a little cold water, then pour in boiling water to thicken, then stir in 5 tablespoons sugar. Have whites of 3 eggs beaten to stiff froth; beat all together and add ½ teaspoon salt and some vanilla. Set away to cool. Serve with sauce made as follows: Yolks of 3 eggs, 2 cups sweet milk, 1 tablespoon cornstarch; sweeten and put in a dish and boil in water, flavor with vanilla. Mrs. Geo. Tackaberry, Kemptville, Ont.

Also contributed by Minnie E. Dunn, Islington, Ont.

2.—3 tablespoons cornstarch, 1 pint boiling water; moisten starch first with cold water, stir over boiling water until cooked; juice of 2 lemons, 1 cup granulated sugar; set away to cool, then add whites of 2 eggs. Sauce.—Yolks of 2 eggs, 1 white of egg, 1 cup sugar. Stir till cooked, use when cold over snow pudding.—L. F. Waddell, Hawkesbury, Ont.

3.—2 cups hot water, 2 tablespoons cornstarch, ½ cup sugar, a pinch of salt, then cook; beat whites of 3 eggs to a stiff froth and pour into boiling starch. Custard part.—½ cup or ½ cake grated chocolate boiled in ½ cup sweet milk, flavor with vanilla. When cool add to the above. Bake slowly.—Agnes Colquhoun, Mitchell, Ont.

SOUTHERN PUDDING.—Butter a shallow bake dish and pour into it the following mixture: 2 cups corn pulp or whole green corn, 2 well-beaten eggs, 1 cup

WHITE SWAN LYE makes dirt fly

milk, 1 tablespoon each sugar and melted butter, season to taste. Cover with bread crumbs and bits of butter and bake in a slow oven until brown.—Mrs. Herbert Graham, Millar's Corners, Ont.

STEAM PUDDING.—1 egg, 1 tablespoon butter, ½ cup sugar, 1 tablespoon baking syrup, 1 cup chopped figs, 1½ cups buttermilk, 1 teaspoon soda, flour to make a good stiff batter; steam 1 hour.—Mrs. Wm. Burkholder, Unionville, Ont.

2.—1 cup shortening, 1 cup brown sugar, 1 cup currants, 1 cup raisins, 1 cup buttermilk, 3 eggs, 1 teaspoon soda, a pinch of salt, flour to make stiff. Steam 2½ or 3 hours. Serve with sauce.—Mrs. Edwin B. Kerns, Zimmerman P.O., Ont.

PLAIN STEAMED PUDDING.—1 cup sour milk or cream, ½ cup molasses, ½ cup melted butter, 2½ cups flour, 1 teaspoon soda and a little salt; mix molasses and butter together. Beat till light, stir in milk and salt, then the flour and soda; steam 1½ hours.—Mrs. D. T. Strathearn, Pinedale Farm, Rugby, Ont.

2.—1 cup sour milk, part of a teaspoon soda, part of a teaspoon salt, part of a cup sugar, flour to make stiff batter; steam 2 hours.—Mrs. John Hill, Windham Centre, Ont.

SUMMER PUDDING.—Boil some fresh fruit (berries preferred) and a little sugar for 10 minutes. Now line a wet bowl with slices of bread, pour fruit into bowl and cover with slices of bread; place a weighted cover on bowl and put to cool in a pan or basin of cold water (or, better, pack round with ice). Best eaten next day. —Miss Torpey, Woodchuck Farm, Nober, Ont.

SUET PUDDING.—1 cup grated potato, 1 cup grated carrot, 1 cup sugar, 1 cup suet, 1 cup raisins, 1 cup currants, 1 teaspoon soda, a little salt, 1½ cups flour (add a trifle more); steam for 3 hours.—Mrs. J. E. H. Davis, Taunton, Ont.

2.—1 cup finely chopped suet, 1 cup molasses, 1 cup sour milk, 2 teaspoons soda, 1 cup chopped raisins, 2½

cups flour, ¼ teaspoon each cloves, cinnamon and nutmeg. Steam 2 hours.—Mrs. Geo. R. Wasson, Maquapit Lake, Sunbury Co., N.B.

3.—1 cup chopped suet, 1 cup sweet milk, ¾ cup sugar, 2 tablespoons molasses, 1 teaspoon soda, ¼ teaspoon each of cloves, cinnamon, nutmeg, salt, ½ cup currants, ½ cup seeded raisins, flour to make middling stiff; steam 3 hours or longer. Extra cooking does not injure.—Mrs. N. Morrison, Beaverton, Ont.

Also contributed by Mrs. M. R. Fretz, Mt. Joy P.O., Ont.

QUICK SUET PUDDING.—2 cups flour, 2 teaspoons baking powder, 1 teaspoon salt, sifted together; add 1 cup chopped suet, make in a batter with cold water. Put raspberries or any fruit preferred in the bottom of pudding dish and pour batter on; steam 1 hour.—Mrs. J. T. Cavanagh, Edgar P.O., Ont.

TAPIOCA PUDDING.—Cook in double boiler for 15 minutes, 1 quart hot milk, 2 heaping tablespoons tapioca, a little salt, stirring often; beat yolks of 2 eggs and ½ cup sugar. At the end of 15 minutes stir into milk and tapioca, let cook till it thickens like custard; pour into dish, whip in the whites, beaten till no whites are seen; add any flavoring. This is delicious if poured over, when cold, any fresh fruit, such as strawberries, raspberries, peaches or oranges.—Mrs. J. E. McDonald, Bentpath, Ont.

2.—1 cup tapioca, soaked over night in a pint of water; in the morning add nearly a quart of milk, and boil in double boiler until clear; add the beaten yolk of 4 eggs, 1 small cup sugar, salt and vanilla. Pour into a dish, beat the whites of 4 eggs, season with sugar and vanilla, spread on top and brown in the oven.—Mrs. Geo. Cunningham, Box 67, Huntingdon, Que.

TAPIOCA CREAM PUDDING.—1 cup tapioca, 1 cup sugar, 3 eggs, 3 pints milk, vanilla. At night wash 1 cup tapioca and put it into a small tin pail, with 3 pints good milk, stir and set away in cold place until

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morning, then place pail with mixture in a pot of boiling water and boil until tapioca is clear, stirring several times; now add sugar and last of all the eggs, which have been well beaten. Stir the eggs and flavoring in well, but do not boil after adding them; pour into serving dish, and serve cold with cream and sugar. This recipe will make sufficient to serve ten or twelve.—Mrs. J. E. McQuat, Lachute, Que.

2.—Soak 4 tablespoons tapioca in 1 cup water over night, add 1 pint sweet milk, yolks 2 eggs, whites for top, ½ cup sugar, pinch salt, flavor with vanilla; boil till thick; heap beaten whites on top.—Mrs. H. Whetstone, Anderson, Ont.

TORONTO PUDDING.—3 eggs, 4 apples, ¼ pound bread crumbs, 4 ounces sugar, 3 ounces currants, salt and grated nutmeg to taste, rind of ½ lemon. Pare, core and mince the apples into small pieces and mix them with the other dry ingredients, beat up the eggs, moisten the mixture with these, and beat it well, and put the pudding into a buttered mould, tie it down with a cloth, boil for 1 hour and a half, and serve with sweet sauce.—Maude L. Faucett, Box 60, Kimberley, Ont.

VEGETABLE PUDDING.—1 cup apples, 1 cup potatoes grated, 1 cup carrots grated, 1 cup suet, 1 cup bread crumbs, 1 cup flour, 2 cups raisins, 1 cup sugar, ½ teaspoon salt. Steam 3 hours.—Mrs. T. F. Caldwell, 1 Charles St., Barrie, Ont.

2.—1 cup grated carrots, 1 cup grated potatoes, 1 cup sugar, 1 cup flour, 1 cup currants, 1 cup raisins, 1 cup suet, a little salt, and 1 dessertspoon soda. Steam 1½ hours.—Mrs. John Patton, Windham Centre, Ont.

WASH-DAY PUDDING.—½ cup rice, 1 quart sweet milk, 1 tablespoon sugar, a little salt, ½ cup raisins, a little nutmeg. Bake in slow oven 4 hours.—Mrs. F. E. Fay, Lambeth, Ont.

YORKSHIRE PUDDING.—1 pint milk, 2 eggs, 6 ounces (1½ cups) flour, 1 teaspoon salt. Beat eggs,

add little milk, all flour and salt, then rest of milk. Bake in greased pan and serve with roast beef.—Florence M. English, Harwich, Ont.

2.—2 eggs, 1 pint milk, 6 ounces flour (1 cup), 1 teaspoon salt. Beat eggs light, add part of milk, all flour and salt, then the rest of the milk. When ready to cook take plenty of the beef dripping in which the meat was roasted, place in another pan, and when boiling hot add the pudding and cook in hot oven. As soon as it is a nice brown remove, and after it cools a minute cut in squares and serve. This is enough for 6 people. Miss Reba Rothwell, "Albermarle Farm," Guilford, Ont.

MISCELLANEOUS DESSERTS

BAKED APPLES.—Pare and core, leaving whole as many apples as required, or as will set in your pudding dish, fill the centres with sugar, pour a little water in the dish, cover and cook in a hot oven. As a variation add some finely chopped nuts to the sugar or a lump of jelly in each apple. Serve hot or cold with cream. In the spring, when apples are rather tasteless, a few drops of lemon juice or vinegar is an improvement.—Mrs. Geo. H. Pearson, Richview, Ont.

2.—Butter a deep tin pan, cover the bottom with a layer of apples; beat egg, put in enough sugar to sweeten apple, add a little water, thicken with fine bread crumbs, flavor lightly with lemon, pour this mixture over apples and bake until the apples are done, which will take about ½ an hour.—Mrs. M. D. Kitchen, So. Charleston, Ohio, U.S.A.

APPLES IN BLOOM.—Select large red apples, wash or wipe clean as many as will set in bottom of pudding dish or saucepan; pour in hot water until about half-way up the apples, boil on top of range, taking care to turn often, pricking with a fork to keep the skin as whole as possible. When cooked, take from fire, and when slightly cooled remove the skins carefully and arrange in a pretty dish. To the water add 1 cup sugar and boil down to about 1 cup. If

WHITE SWAN YEAST CAKES are absolutely guaranteed

an orange or lemon is handy some of the rind grated is an improvement. Pour over apples, serve when cold with whipped cream.—Mrs. Geo. H. Pearson, Richview, Ont.

APPLE COMPOTE.—Core and peel as many apples as wanted and cook slowly in a syrup made by boiling 1 cup sugar to 1 cup water. When done lift to a dish and fill the spaces where the cores were with apple jelly and sprinkle with granulated sugar. Pour the syrup around them. Nice red apples can be quartered and cored and the skins left on them and cooked slowly in the same way, turning them in order that both sides may be cooked alike. They make a nice dish for breakfast or tea.—By Courtesy Women's Institute Section of Dept. Agriculture.

APPLE CUSTARD.—Take 1 pint stewed apples, sweetened and cooled; 1 pint sweet milk, 4 eggs beaten well; mix the apples, milk and eggs, put in baking dish, grate a little nutmeg over the top and bake ½ an hour.

Note.—A very plain custard can be made with 1 egg to a pint of milk, and a good one with 3 eggs. 1 tablespoon sugar is allowed to each egg. Various dishes can be made by pouring boiled custard over bananas, oranges, raspberries, peaches.—By Courtesy of Women's Institute Section of Dept. Agriculture.

APPLES AND CUSTARD.—Pare and core 6 large apples, filling the cavities with sugar and a bit of butter. Put a little water in a dish, place in the apples and bake; when nearly done, pour a custard around made of 1 pint milk, yolks 2 eggs, 1 level teaspoon cornstarch, sugar and flavor to taste. Put back in the oven and bake. Make a meringue of the 2 whites, and put a tablespoon over each. Brown lightly and eat cold.—Mrs. E. Stoltz, Mannheim, Ont.

GRANDMOTHER'S APPLE DUMPLINGS.—2 cups sweet milk, 3 heaping teaspoons baking powder, ⅓ cup butter, 1 teaspoon salt; stir baking powder in a little flour. Take a small pan of flour and make a roll in

centre, in which mix the above till stiff enough to roll out and cut in squares; have some apples peeled and quartered, roll the apples in the dough and a little sugar, seal up tight by patting and rolling. Boil 20 or 30 minutes in water. Serve with sweetened cream.—Miss Luella Ecker, North Glanford, Ont.

BAKED DUMPLINGS.—3 cups flour, 3 teaspoons baking powder, 2 tablespoons each of lard and butter. Wet with milk and roll out into 8 dumplings, putting apple, peach or any desired fruit inside; lay in bake dish and sprinkle 1 cup sugar and a little cinnamon over top, add little bits of butter, cover with boiling water and bake.—Mrs. Thompson, Langstaff, Ont.

APPLES WITH DUNFILLAN PASTE.—4 tablespoons flour, 3 ounces butter, 1 egg, 1 eggspoon baking powder, 2 tablespoons sugar, ¼ pint milk and flavoring to taste, 1½ pounds apples. Have ready some cold stewed apples; rub butter into flour, add baking powder, beat up egg with sugar, add milk, and stir all into the flour. Mix well, pour on the top of the apples and bake in moderate oven for ½ hour. Sift sugar over.—Mrs. A. Christie, 88 Birge St., Hamilton, Ont.

APPLE FLOAT.—Make the old-fashioned apple sauce by stewing the apples until soft, sweeten and beat, then add the beaten whites of eggs, and pile on nice white dish. This can be served with a soft custard made from the yokes of the eggs.—By Courtesy of the Women's Institute Section of Dept. of Agriculture.

FRIED APPLES.—Apples are nice used as a vegetable thus: Take as many fair-sized apples as required, cut them in two crosswise, remove core and fry the cut side until brown in butter, turn over, fill cavity with sugar, brown the other side, then set pan in oven until thoroughly cooked.—Mrs. Rev'd Mackay, Four-mile Brook, Pictou, N.S.

APPLE HASH.—Take some good, ripe, tart apples and cut them all up fine and sweeten with sugar, then pour sweet cream over them and eat while fresh. A very good dish.—Miss Mildred Welch, Thamesville, Ont.

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ICE APPLES.—Pare and core 1 dozen large apples, fill with sugar, a little butter and nutmeg, bake until nearly done, let cool, remove to another plate, ice top on sides with cake icing and brown lightly. Serve with cream.—Mrs. Melvin Rupert, Melfort, Sask.

APPLE ICING.—White of 1 egg, ¾ cup granulated sugar, one apple (grated). Beat all together for ½ hour; flavor with almond.—By Courtesy of Women's Institute Branch of Dept. of Agriculture.

JELLIED APPLES.—Pare and slice thin 1 dozen or more tart apples. Place in a pudding dish alternate layers of apples and sugar, add a dust of cinnamon. When the dish has been filled in this way, pour over it ½ cup of water. Lay a buttered plate over the top and cook slowly for 3 hours. Set in a cool place, and when ready turn out in a glass dish. Served with whipped cream or boiled custard.—By Courtesy of Women's Institute Branch of Dept. of Agriculture.

JELLIED APPLES AND CREAM.—Peel some large apples and core, but do not quarter; boil a pint of water with a large cup of sugar; put in the apples and cook till they are transparent, but do not let them break. Arrange these in a deep dish; measure the syrup, and to the pint add a heaping dessertspoon of gelatine dissolved in a little cold water; strain and when cool pour a little at a time over the apples till they are covered with jelly. Turn out and invert so that they will be right side up on a glass dish. Serve with whipped cream.—By Courtesy of Women's Institute Branch of Dept. of Agriculture.

APPLE PUFF.—Bake 6 apples and let cool, take yolks of 2 eggs, tablespoon cornstarch, 1 pint milk, cook till thick and flavor with vanilla and cool. Scrape white part of apple into beaten whites of eggs, add 1 cup sugar and beat ½ hour. Put custard in dish with a little jelly and cover with beaten apple.—E. S. Cotton, St. George's Channel, Richmond Co., N.S.

SAGO AND APPLES.—Cook ½ cup sago in about 5 times its bulk of water for ½ hour. Add ½ teaspoon salt, a small piece of butter, and a heaping tablespoon sugar. Pare and core as many apples as will cover the bottom of the baking dish, and pour sago over them. Cook in a moderate oven until the apples are done. If the apples are large they can be quartered, and the baking dish can be about ½ filled with them, and the sago put over them the same way.—By Courtesy of WOMEN'S INSTITUTE BRANCH of Dept. of Agriculture.

BAKED APPLE SAUCE.—Pare, quarter and core large apples and pack in an earthen jar with brown sugar, cover closely and bake slowly in a moderate oven until the contents have been shrunken to about half their original bulk and are rich, red and luscious.—By Courtesy of WOMEN'S INSTITUTE BRANCH of Dept. of Agriculture.

APPLE SALAD.—6 good tart apples chopped fine, 1 onion chopped fine, put together and put the following sauce on it when cold: ½ cup vinegar, 1 teaspoon mustard, ¼ teaspoon pepper, ¼ teaspoon salt, 1 teaspoon cornstarch, 1 tablespoon sugar, butter size of an egg. Boil on the stove till thick, and put by till cool. This is a most delicious salad when eaten with cold roast beef.—MINNIE E. SPEERS, Holly, Ont.

SCALLOPED APPLES.—2 cups stale bread crumbs, 2 tablespoons butter, 2 cups sliced apples, 2 tablespoons sugar, grated rind and juice of ½ a lemon. Butter pudding dish and cover with bread crumbs, then put in a layer of apples, sprinkle with sugar, lemon rind and juice and dot with butter, repeat till dish is full, finishing with bread crumbs. Cover when first put in the oven to prevent crumbs browning too rapidly.—By Courtesy of WOMEN'S INSTITUTE BRANCH of Dept. of Agriculture.

APPLE SNOW.—Wipe, pare and core 4 large apples, steam until soft and press through sieve. There should be about 1 cup; sweeten with granulated or powdered

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sugar, add a few grains of salt; beat very stiff the whites of 3 eggs, then pour in the apples, beating constantly; chill and serve with custard made with yolks of eggs, ½ cup sugar and 2 cups milk. If wished to look especially nice, add a few dots of bright jelly.—Mrs. Geo. H. Pearson, Richview, Ont.

2.—Take 2 cups apple sauce, cooked as dry as possible, press through sieve and sweeten; add the white of 1 egg, beaten stiff; beat briskly; heap in a dish and pour around it whipped cream or boiled custard.—Ethel Jackson, "The Grove Farm," Jacksonville, C.B.

APPLE SNOW FROSTING.—Peel and grate a large sour apple; add 1 cup white pulverized sugar and white of 1 beaten egg. Continue beating ½ hour. Use for a filling. Will keep 2 days only.—By Courtesy of Women's Institute Branch of Dept. of Agriculture.

APPLE TAPIOCA.—Three-quarters of a cup of tapioca, 7 sour apples, ½ teaspoon salt, cold water, ½ cup sugar, 2½ cups boiling water. Soak tapioca 1 hour in cold water to cover, add boiling water and salt, cook in double boiler until transparent, pare and slice apples, place in a buttered pudding dish, sprinkle sugar over apples, and pour over tapioca, and bake in a moderate oven until apples are soft.—By Courtesy of Women's Institute Branch of Dept. of Agriculture.

APPLE WHIP.—Beat the whites of 3 eggs until stiff and perfectly dry, then fold lightly into 1 pint of stewed and sweetened apple; add 1 cup chopped nuts, and ½ pint candied cherries. Beat until firm and chill through.—Mrs. W. J. MacLachlan, Box 3, Burritt's Rapids, Ont.

BANANA CUSTARD.—Make it a plain boiled custard, and when cold pour it over bananas sliced very thin. A nice dessert.—Mrs. Fred Kells, Winfield, Ont.

BANANA FRITTERS.—Make a very thin paste with 2 ounces flour, 1 ounce cornstarch, 1 ounce sugar, little milk. Cut the bananas into small pieces, dip them in

the batter, fry in plenty of smoking fat, very hot; drain on paper. Serve hot on a napkin with sugar dusted over.—MRS. BLACK, Westville, N.S.

BANANA SALAD.—Peel bananas and cut in two lengthwise, then cut across in quarters. Roll each quarter in boiled dressing—then in finely chipped walnuts. Serve on lettuce leaves.—By Courtesy of WOMEN'S INSTITUTE BRANCH of Dept. of Agriculture.

BANANA WHIP.—1 cup cut-up banana, 1 cup granulated sugar, the white of 1 egg. Whip together with a silver fork about 15 minutes, or until it is firm and white. This is an excellent substitute for whipped cream, and can be used in a great variety of ways. Strawberries will whip in the same way and make very delicious filling for strawberry shortcake.—By Courtesy of WOMEN'S INSTITUTE BRANCH of Dept. of Agriculture.

BOSTON CREAM.—2 pounds white sugar, 2 quarts water, boil 10 minutes; when cold add 2 ounces tartaric acid, 10c. bottle vanilla, whites of 3 eggs beaten stiff.—MAUDE A. HUNTER, Welland, Ont.

BAVARIAN CREAM.—2 cups any fruit syrup, 2 teaspoons Knox gelatine, or 1 ounce sheet gelatine, ½ cup cold water, 2 cups cream. Put the gelatine to soak in the cold water; when thoroughly softened, dissolve over hot water and stir it into the fruit syrup. Stand the syrup bowl in a pan of cold water and stir it occasionally while whipping the cream. When the syrup begins to thicken, fold in the whipped cream, turn into a wet mould and set away to get perfectly cold before serving. Variations.—1. 1½ cups thin custard sauce and ½ cup sugar, with any desired flavoring, may be substituted for the fruit syrup. 2. Chocolate syrup may be substituted for the fruit syrup, allowing 1½ cups milk, ½ cup sugar, a pinch of ground cinnamon, and a little vanilla for it, and cooking all together in a double boiler. 3. 1 cup maple syrup, and 1 cup milk may be substituted for the fruit syrup. 4. Cream

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a la Vincent is made with a custard substituting the fruit syrup. The custard is made of 2 cups milk, 6 egg yolks, 3 bay leaves, ⅔ cup sugar, a pinch of ground ginger and vanilla to taste. 5. If cream is scarce, 1 cup cream may be omitted, and 3 egg whites beaten stiff and folded in with the smaller quantity of whipped cream.—MACDONALD INSTITUTE, Guelph, Ont.

RED CURRANT SNOW.—Use 2 cups boiling water, 2 tablespoons of cornstarch and 1 cup sugar; when cooked thick remove from fire and add the juice of 2 cups of red currants crushed and pressed through the colander. Beat the whites of 2 eggs, add a little sugar and pour over all.

NOTE.—Raspberries, strawberries and other fruits can be used in the same way.—By Courtesy of WOMEN'S INSTITUTE BRANCH of Dept. of Agriculture.

COFFEE DESSERT.—Mix into a double boiler 1½ cups strong coffee, 1 cup milk, ⅔ cup sugar, ¼ teaspoon salt, 1 tablespoon gelatine, reserve ½ sugar, and while ingredients are heating, beat this with the yolks of 3 eggs, into which stir the boiling mixture, return to boiler until it begins to thicken, remove from fire, stir in stiffened whites and 1 teaspoon vanilla; turn into a mould dipped in cold water.—MRS. J. A. HOOVER, Forestville, Ont.

CUSTARD.—Yolks of 3 eggs, ¾ pint milk, sugar to sweeten, cook in double boiler until consistency of thick cream; cool and serve with pudding.—MRS. JOHN COWAN, Pilot Mound, Man.

BOILED CUSTARD DESSERT.—3 pints milk, let come to a scald, 2 heaping tablespoons cornstarch wet with a little milk, 2 eggs beaten very light, and 1 small cup sugar; pour in the cornstarch when the milk is scalding, but before it boils; then add the sugar and beaten eggs, and 1 teaspoon vanilla. This is very nice warm.—MRS. OTIS C. PARRY, Tillsonburg, Ont.

CUP CUSTARD.—Beat 4 eggs to a light froth, add ½ cup granulated sugar, a little salt, 1 quart milk, and

flavor with nutmeg; put the custard in 5 cups, place in a pan of boiling water and then cook them until firm in the centre; when done stand away to cool and then serve it in the cups.—ADDIE A. GRANT, Maynooth Sta., Ont.

BAKED CUSTARD.—1 egg, ½ cup milk, 1 tablespoon sugar, pinch salt, flavoring. Beat the egg just enough to mix it thoroughly; stir in the sugar and salt, milk and flavoring, and stir until the sugar is dissolved. Turn into a baking dish and bake in a hot oven until the point of a knife will come out of the centre with nothing on it. If the oven is at all hot the baking dish must be set in a pan and boiling water poured around it before putting it in the oven. A baked custard should cut exactly like a delicate jelly, have no sponge-like holes in it, and have no watery liquid about it. A spongy, watery custard has been overbaked. Variations.—1. Some people heat the milk before adding it to the eggs in order to hasten the baking, but this is apt to destroy the jelly-like consistency which marks the perfect baked custard. 2. The above proportions make a custard of sufficient firmness to hold its shape when served as a hot dessert, or to turn out of a mould when cold. 3. For a cold custard or to be eaten out of cups, ⅔ cup of milk may be used instead of ½ cup. 4. The flavoring may be varied in the same way as custard sauce is.—MACDONALD INSTITUTE, Guelph, Ont.

CHARLOTTE RUSSE.—2 cups cream, ⅜ cup sugar, lady fingers or stale sponge cake, flavoring to taste, 1 teaspoon Knox gelatine, or 1 ounce sheet gelatine, ⅓ cup cold water or milk. Line a mould or dish holding about 6 cups with lady fingers or strips of sponge cake, always remembering that the side next the dish will be the outside when served. The cake may require trimming to fit into the dish, and lady fingers may have to be stuck together with white of egg or dissolved gelatine to keep them in place. Put the gelatine to soak in cold water or milk, whip the cream, beat in the sugar and the flavoring. Stand the gelatine over hot water

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and dissolve it, then rapidly mix it with the whipped cream, and turn it into the cake-lined dish. Set away to get perfectly cold before turning out to serve.—MACDONALD INSTITUTE, Guelph, Ont.

MOCK CHERRIES.—Take equal parts of cranberries and raisins, cover with water and cook until tender, add sugar to taste. On account of the large quantity of natural sugar in the raisins very little additional sugar will be required.—MRS. ANNIE RODD, Charlottetown, P.E.I.

STEWED CRANBERRIES.—1 quart cranberries, 1 quart water, cook 10 minutes, 1 pint sugar, cook 10 minutes, and remove from stove.—MRS. GEO. S. SHARPE, Lower Millstream, King's Co., N.B.

RICE WITH DATES.—Wash ½ cup rice, cook in large quantity of salted water until nearly tender, drain thoroughly and put into double boiler with ½ cup pitted dates; cook until tender. Serve with cream. This is a very wholesome and palatable dish for dessert.—MRS. ANNIE RODD, Charlottetown, P.E.I.

STUFFED DATES.—Shelled walnuts and as many dates as you care to use. Stone the dates, place walnut in centre, and roll date in granulated sugar. This recipe is easily made, and is nice for Xmas candy.—MRS. W. R. BLAKLEY, Mabee P.O., Norfolk Co., Ont.

DATE WHIP.—1 pound dates, stone and take ends off, boil in water, watching not to burn, stir until it gets smooth and let cool. Whites of 4 eggs well beaten, ¾ cup white sugar, stir all into dates, then put in oven until light brown; serve with whipped cream.—MRS. H. B. OHRT, 20 Farnham Ave., Toronto.

FLOATING ISLAND.—Take 3 eggs, save the whites for top, beat together 2 tablespoons cornstarch, 1 cup sugar, add yolks eggs and a little salt; take 1 quart of milk, and let come to a boil; stir in sugar, cornstarch, and other ingredients; cool; put in vanilla to taste; then beat the whites and cook on boiling water.—MISS ETTA LAWRENCE, Spencerville, Ont.

JUNKET.—1 cup milk, 1 tablespoon sugar, ¼ junket tablet, 1 tablespoon cold water. Put the junket tablet to soak in the cold water; heat the sugar and milk to blood heat, but no hotter or the tablet's power to coagulate the milk will be destroyed. (A good way to test the heat of the milk is to hold the wrist near the saucepan, dip a spoon in the milk and let a drop fall at once on the wrist; if the drop gives no sensation of cold or warmth the milk is just blood warm). Crush and dissolve the tablet in the water, stir the whole into the milk, and pour at once into the serving dish. Let stand in a warm room until it sets, then move carefully to a cold place to chill before serving with cream or fruit syrup. If junket is jarred or stirred in the making or after, it will separate into curds and whey. Variations.—1. Junket may be flavored with any of the usual flavorings, but it must be added before the junket tablet is stirred into the milk. 2. Many different kinds of junket are described in the little recipe book which accompanies each box of junket tablets.—MACDONALD INSTITUTE, Guelph, Ont.

LEMON DESSERT.—Serve cold. Juice of 1 lemon, 1 cup white sugar, 2 cups water, 2 tablespoons cornstarch, 1 teaspoon butter, pinch of salt, 2 eggs. When water comes to boil, add beaten yolks, cornstarch and lemon juice; beat the whites stiff, and add to mixture when it begins to bubble. Beat all briskly.—MRS. JAS. MCKENZIE, Box 335, Portage la Prairie, Man.

MERINGUES.—Whip the whites of 2 eggs until very stiff, add ¼ pound granulated sugar, pinch of salt, ½ teaspoon lemon juice; mould with dessert spoon on buttered paper and dry in a slow oven. When dry, scrape the inside part out and fill with Devonshire or whipped cream. When strawberries or raspberries are in season, garnish with these; when not in season, use glace cherries, chopped pistachio nuts or cocoanut.—MRS. L. SELBY, c/o J. G. BORLAND, Claremont, Ont.

MILK SPONGE.—2¼ cups milk, ¼ cup cornstarch, 2 tablespoons sugar, pinch salt, flavoring, whites 2

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small eggs. Put 2 cups milk to heat in a double boiler. Mix the cornstarch, sugar, salt and remaining milk, and stir them into the scalding milk. Stir constantly until it thickens, then cover closely and cook 15 minutes, stirring occasionally. Beat the egg whites stiff, add the flavoring to the milk mixture, and then stir in the egg whites. Mix thoroughly but quickly, and stir as little as possible. Pour at once into a wet mould and set away to chill thoroughly before turning it out to serve. Serve with a custard sauce made with the egg yolks, or with a red syrup from canned fruit such as cherries or raspberries.—Variations.—1. Chocolate sponge may be made by adding ¼ cup grated chocolate (unsweetened) to milk before scalding it. Flavor with a tiny pinch of ground cinnamon and a little vanilla. 2. Many different sponges may be made by using 2 cups of the syrup from any tart canned fruit instead of the scalded milk and ¼ cup water to mix the cornstarch instead of the milk and sugar. The fruit syrup must not be too rich.—MACDONALD INSTITUTE, Guelph, Ont.

ORANGE SALAD.—Cut and dice oranges, pineapple, bananas, shred thin malagama grapes and chopped nuts. Dressing.—1 cup cream, 1 teaspoon flour, whites of 2 eggs beaten stiff, 2 tablespoons lemon juice, 2 tablespoons melted butter, 2 tablespoons sugar, small saltspoon salt, a pinch cayenne pepper, 1 teaspoon mustard; beat the cream to boiling point, stir in flour previously wet with cold milk. When half cold beat in the whipped eggs, set aside to cool; when quite cold whip in melted butter, pepper, salt and mustard. When salad is ready to cream, whip in lemon juice. Fill in shells of oranges.—MRS. H. B. OHRT, 20 Farnham Ave., Toronto.

PEACH CREAM.—Chop 3 large peaches fine. Add 1 cup icing sugar; beat white 1 egg stiff; mix together and beat ½ hour.—By Courtesy of WOMEN'S INSTITUTE BRANCH of Dept. of Agriculture.

PEACH TAPIOCA.—1 cup tapioca, soak 1 hour in cold water and drain; add enough water to the syrup

poured from a can of peaches to make in all 3 cups; add the soaked tapioca and ¼ cup sugar and a little salt to this liquid. Cook till thoroughly clear, line a mould with the peaches, dust with sugar, and fill with the tapioca; serve with whipped cream.—By Courtesy of WOMEN'S INSTITUTE BRANCH of Dept. of Agriculture.

PRUNE WHIP.—Boil 1 pound prunes until tender and dry, remove the pits and crack, then chopping the nut with the prune pulp; add the beaten whites of 5 eggs, and 1 cup white sugar, and bake in a moderate oven for 20 minutes.—MRS. D. E. THOMSON, Ardtrea, Ont.

RHUBARB AND ORANGE COMPOTE.—1 pint bottle rhubarb, 3 oranges, 1 cup sugar. Peel the oranges, removing as much as possible of the white pith; divide into sections; put all the ingredients together into a preserving kettle and simmer gently for about an hour.—By Courtesy of WOMEN'S INSTITUTE BRANCH of Dept. of Agriculture.

STRAWBERRY WHIP.—Crush 1 cup strawberries in 1 cup fine granulated sugar. Beat the white of 1 egg stiff; mix together and beat 20 minutes. Sprinkle with strawberries. Raspberries may be used in the same way.—By Courtesy of WOMEN'S INSTITUTE BRANCH of Dept. of Agriculture.

JELLIED WALNUTS.—1 tablespoon gelatine, ¼ cup cold water, ⅓ cup boiling water, ¾ cup sugar, ½ cup orange juice, 3 tablespoons lemon juice. Soak gelatine in cold water 10 minutes, make a syrup of cold water until slightly yellow, pour syrup over gelatine to dissolve it; add lemon juice. Cover bottom of shallow pan with half of the mixture. When firm, place on it, 1 inch apart, halves of English walnuts, cover with remaining mixture. Chill, cut in squares for serving.—MRS. JOHN WOODS, Richmond Hill, Ont.

FRUIT SALADS.—1.—3 oranges, 3 bananas, ½ pound white grapes, 1 cup strawberries, 1 pineapple, juice of ½ lemon, ¼ pound English walnuts. Cut the oranges between pulp and skin and remove each section.

WHITE SWAN YEAST CAKES make light, white, sweet and health-giving bread

2.—Bananas cut in slices, rolled in nuts, served on lettuce leaf, boiled or mayonnaise dressing over it lightly.

3.—3 bananas, 3 oranges, 6 pounds grapes, 6 pounds English walnuts. Mix lightly and serve on lettuce leaves with dressing.

4.—Bananas and oranges, pineapple, strawberries and sweet dressing.

5.—2 cups sliced oranges on lettuce, 1 cup sliced nuts. Mix with dressing, serve on lettuce leaves.

6.—½ pound white grapes seeded, ½ pound sliced walnuts or almonds and dressing.

7.—Figs sliced and pulled, walnuts or almonds. Dressing.

8.—2 cups apples diced, 1 grape fruit broken into small pieces and dressing. This may be made with grape fruit and walnuts, or dried fruit, chopped figs and dates. —Mrs. Milton Savage, Elgin Mills, Ont.

9.—1 medium-sized pineapple, 3 bananas, 3 oranges. Cut fruit in small cubes, pour dressing over and let stand ½ hour on ice before serving. Dressing.—2 eggs, ½ teaspoon salt, ¼ cup lemon juice or vinegar, ¼ cup olive oil or butter, ¼ cup water. Beat eggs, add lemon juice, salt, water and olive oil. Cook in double boiler, stirring constantly.—Miss Stella Snelgrove, Orwell, Ont.

10.—1 quart boiling water, 1 cup granulated sugar, add 1 package Jello (any flavor desired); slice 1 banana, 1 orange, a little pineapple, a few Malaga grapes, or strawberries, peaches or canned fruits, whatever desired, and color with 2 teaspoons fruit coloring. When cold and firm turn out and cover with whipped cream, sweetened.—Mrs. Wm. Snively, Boston, Ont.

WALDORF SALAD.—Select ½ dozen rather tart apples, pare and slice evenly in salad dish, mix with 1 cup or more diced celery and 1 cup chopped English walnuts. May also be served in cups made of hollowed apples.—Mrs. H. O. Lunsford, Mikado, Sask.

FROZEN DESSERTS

DIRECTIONS FOR FREEZING.

First.—Scald the can and dasher, then cool.

Second.—Prepare the ice by putting it into a canvas bag and pounding it with a mallet until fine, or the ice may be shaved.

Third.—Place the can containing the mixture to be frozen in the tub, cover and adjust the top. Turn the crank and be sure the can fits in socket, then pack, using three level measures of crushed ice to 1 measure of rock salt. Pack it down solidly, a piece of broom handle kept for this purpose is convenient. Continue until the ice and salt come to the top of the can or a little higher than the mixture in the can. The mixture increases in bulk during the freezing, so never fill the can more than ¾ full.

Turn the crank slowly at first, then steadily and more rapidly until the mixture is frozen. Then draw off the water, wipe the cover carefully, remove the dasher, scraping the mixture into the can, and pack solidly, using a long-handled spoon. Replace cover, putting a cork in; repack in tub, this time using four measures of ice to one of salt, cover with bag or papers and allow to stand 1 hour before serving. Snow may be used in place of ice in the same proportions.

To remove the frozen mixture, wipe the salt carefully from the can and lid, using a cloth wet in cool water. Run a knife around the edge of the mixture and invert (upside down) on a serving dish.—GLADYS HARRIS, 109 Park Street, Buffalo, N.Y.

ICE CREAM.—Make a custard of the yolks of 3 eggs and 3 cups milk, add ½ cup white sugar. Let the custard get cold, then beat the 3 whites of eggs stiff and beat them into 4 cups sweet cream; add the custard, sweeten to taste, flavor with vanilla and freeze.—MRS. E. B. PALMER, Norwich, Ont.

2.—1 pint milk, yolks 2 eggs, 6 ounces sugar, 1 tablespoon cornstarch; scald till thick. When cold, add 1

For cakes and fancy pastry use **Cowan's Supreme Chocolate**

pint whipped cream and whites of 2 eggs beaten stiff, flavor and freeze.—JESSIE A. ROBINSON, Box 44, Bishop's Mills, Ont.

3.—3 eggs, beat whites and yolks separately, 2 cups granulated sugar beaten with yolks, 1 pint cream, 1 quart milk, 1 tablespoon vanilla; mix all well together. This makes 1 gallon ice cream.—MRS. MENNO SMITH, Edgeley, Ont.

AUNT JULIA'S ICE CREAM.—1 quart milk, 3 eggs, 2 cups sugar, 2 tablespoons flour, 1 cup cream. Scald milk, beat eggs, sugar and flour together, add to milk when hot, stirring constantly. Let cool, add cream and flavoring. For the freezing, use 3 of ice to 1 of salt; have ice fine and mix thoroughly with salt in a pan before packing.—MRS. F. J. LARAWAY, Box 69, Stanbridge East, Que.

CRANBERRY FRAPPE.—1 quart cranberries, 2 cups sugar, 2 cups water, juice 2 lemons. Cook cranberries and water 8 minutes, force through a sieve, add sugar and lemon juice, freeze to a mush equal portions of ice and salt.—MRS. JOHN WOODS, Richmond Hill, Ont.

ORANGE ICE.—4 cups water, 2 cups sugar, 2 cups orange juice, ¼ cup lemon juice, grated rind of 2 oranges. Make syrup by boiling water and sugar 15 to 20 minutes, add fruit juice and rind; cool, strain and freeze.—MRS. JOHN WOODS, Richmond Hill, Ont.

ORANGE PLOMBIERE.—6 oranges, 1 cup cold water, 1¾ cups sugar, 1 cup cream; strain juice of oranges. Rub rind from 1 into a cup cold water, add sugar, turn into freezer. When mixture begins to thicken, add cream. Freeze until very stiff. Remove dasher, pack firm.—MRS. JOHN WOODS, Richmond Hill, Ont.

PINEAPPLE ICE.—1 pint pineapple juice, juice 2 lemons, 1½ pints water, 2 cups sugar; mix together pineapple, lemon juice; add water and sugar boiled together 10 minutes. Strain and freeze. When frozen

remove the dasher. Pack mixture in a mould, return to ice and salt; let stand 1 hour.—Mrs. John Woods, Richmond Hill, Ont.

SHERBET PINEAPPLE.—1 gallon hot water, juice of 5 lemons, juice of 4 oranges, 2 pounds granulated sugar. Dissolve the sugar in the water, whites of 10 eggs well beaten, 2 cans pineapple grated, a little gelatine dissolved in hot water. Put the whites of eggs in last. Freeze the same as ice cream.—Mrs. W. W. Snively, Townsend Centre, Ont.

CAKES

CAKE FROSTING.—Use—To keep cake moist, to flavor cake, to decorate. Consistency—Thin enough to spread, thick enough not to run. Texture—Hard outside, creamy inside, preferably.

ICING FOR LAYER CAKE.—1 cup icing sugar, 2 tablespoons thick sweet cream, 3 or 4 drops rose water, ½ teaspoon cocoa. Stir till smooth, spread on cake, sprinkle with chopped nuts.—Mrs. Cyrus W. Field, King St. E., Cobourg, Ont.

FILLING FOR ANY LAYER CAKE.—Take 1 cup white sugar, put into a basin with enough water to dissolve it, let boil till it will harden in cold water. Have 1 cup stoned and chopped raisins ready, then beat the white of 1 egg to a stiff froth and mix with the raisins into boiling sugar, stir briskly, and while warm put between and on top of cake.—J. I. Dunn, Box 576, Orillia, Ont.

FROSTING.—1 cup sugar, 1 tablespoon lemon, stir in enough boiling milk to make a soft dough.—Mrs. Manzer White, Dorn Ridge, York Co., N.B.

ALMOND ICING.—1 pound almonds blanched, roll the nuts to a fine powder, add the yolk of 1 egg and stir well, then add the whites of 3 eggs beaten stiff and 3 cups icing sugar.—Miss I. Beare, Cedar Grove, Ont.

ALMOND PASTE ICING.—1 pound ground almonds, 1 pound fine sifted white sugar, whites of 2 eggs, few drops essence almonds. Mix sugar and ground almonds well together, then add little by little whites of eggs beaten to a froth, until the mixture is a thick paste; add essence of almonds; mix all thoroughly.—Gertie Friel, Apto, Ont.

ALMOND ICING FOR FRUIT CAKE.—1 cup granulated sugar, 1 cup blanched almonds ground very fine, 2 tablespoons milk, 1 egg, butter size of an egg. Beat sugar, butter, egg and milk to a cream, stir in the nuts and boil 8 minutes in a double boiler; flavor with rose water, spread on cake and after it sets, spread white icing over.—SARA M. J. EDWARDS, Balsam, Ont.

APPLE JELLY FOR CAKE.—Grate 1 large or 2 small apples, the rind and juice of 1 lemon, add one cup sugar, boil 3 minutes.—MRS. THOS. SMITH, Jamestown, Ont.

APPLE ICING FOR CAKES.—White of 1 egg, ¾ cup granulated sugar, 1 medium-sized apple grated; beat together for 20 minutes and flavor with almond or lemon.—MRS. J. L. WHARRAM, Wheatley P.O., Ont.

AUNT FANNIE'S ICING.—1 cup icing sugar, 1 egg white beaten stiff, 1 tablespoon butter, ½ cup chopped walnuts, 1 teaspoon vanilla.—MRS. C. HARRISON, Myrtle Station Ont.

BUTTER FROSTING.—1 cup pulverized sugar, 1 tablespoon butter creamed, then add ½ teaspoon vanilla and milk enough to spread. This is good.—MRS. F. M. PARLEE, Parleeville, King's Co., N.B.

BOILED FROSTING.—Boil 1 cup white sugar with just enough water to moisten well, until it hairs from the spoon, then pour into the well-beaten white of 1 egg and beat until cool or stiff enough to spread.—MRS. DONALD SINCLAIR, Salmon Arm, B.C.

CARAMEL ICING.—1½ cups sugar, scant ½ cup cream, vanilla flavoring to taste.—MISS LEOLA MCDONALD, c/o Mrs. Geo. McDonald, Con. 1, Vespra, Simcoe, Ont.

2.— cup brown sugar, 3 tablespoons cream, 1 tablespoon butter, 2 teaspoons vanilla; boil until thick enough to spread on the cake.—MRS. A. CLARK, Dundalk P.O., Ont.

WHITE SWAN BAKING POWDER never did contain alum

CHOCOLATE CARAMEL ICING.—1½ cups brown sugar, butter size of walnut, 3 tablespoons sweet cream; boil till it threads and beat in a 5 cent cake of chocolate that has been grated, or about ½ cup cocoa.—Mrs. Edgar W. Pollard, Sandford, Ont.

CHOCOLATE ICING.—1 cup white sugar, ½ cup milk, ¼ teaspoon cream of tartar, 2 tablespoons butter, 1 ounce unsweetened chocolate, 1 teaspoon vanilla. Boil the sugar, milk and cream of tartar together for 6 minutes, remove from stove and add butter, chocolate and vanilla; beat until proper consistency to spread on cake.—Mrs. A. Hislop, Columbus, Ont.

2.—2 cups brown sugar, butter size of egg, ½ cup sweet milk, ½ cake chocolate. Let it boil till it begins to harden.—Mrs. Erwin Snyder, Box 135, Baden, Ont.

SOUR CREAM FILLING.—1 cup sour cream, 1½ cups brown sugar, 4 yolks of eggs, butter size of an egg. Boil until thick, then add 10 cents' worth chopped walnuts.—Mrs. Anna Winter, Glen Ewen, Sask.

2.—¼ cup butter, ½ cup sour cream, 2 cups brown sugar. Boil like candy, stir while cooking, flavor when cold with vanilla.—Mrs. John Woods, Richmond Hill, Ont.

3.—½ cup chopped walnuts, ½ cup chopped raisins, ½ cup sour cream, ¼ cup sugar; mix and spread.—Mrs. John Woods, Richmond Hill, Ont.

CHOCOLATE CREAM FILLING.—½ cake chocolate, ⅔ cup milk, ½ cup sugar, 1 tablespoon butter, pinch of salt, 1 teaspoon vanilla. Boil gently until thick.—Mrs. Hebbert Greene, Blomidon, King's Co., N.S.

MAPLE CREAM ICING.—3 cups sugar, 6 tablespoons milk, 1 tablespoon butter; boil, stir until cold.—Mrs. M. C. Armstrong, Mount Albert, Ont.

DATE FILLING.—1 cup sugar and a little water boiled together until brittle when dropped into cold water. Remove from stove and stir quickly into the well-beaten white of an egg; add to this 1 cup dates chopped fine.—Miss Mabel Emery, New Sarum, Ont.

FIG FILLING.—½ pound figs finely chopped, ⅓ cup sugar, ⅓ cup boiling water, 1 tablespoon lemon juice. Mix in order given and cook in double boiler until thick enough to spread.—Mrs. John Woods, Richmond Hill, Ont.

GELATINE FROSTING.—1 teaspoon gelatine, 2 tablespoons cold water; when the gelatine is soft, 2 tablespoons hot water; when entirely dissolved add 1 cup powdered sugar, and beat while it is yet warm, until white and light; lemon to taste. This frosts 1 sheet of cake.—Mrs. Thos. F. Boutlier, Cosheath, Sydney River, N.S.

LEMON FILLING FOR CAKE.—Grate a whole lemon, put it in a small saucepan with 1 cup sugar, let it boil a few minutes, add to this a beaten egg. Spread between layers.—Hilda Smith, Rockland, Ont.

2.—Stir together 1 grated lemon, 1 grated apple, 1 egg, 1 cup sugar, and boil 4 minutes. Tried with good success.—Mrs. Ernest Armstrong, Forestville, Ont.

MARSHMALLOW PASTE.—¾ cup sugar, ¼ cup milk, ¼ pound marshmallows, 2 tablespoons hot water, ½ teaspoon vanilla. Put sugar and milk in saucepan, heat slowly to boiling point without stirring and boil 6 minutes; break marshmallows in pieces and melt in double boiler, add hot water and cook until mixture is smooth, then add hot syrup gradually, stirring constantly. Beat until cool enough to spread, then add vanilla. This may be used for frosting and filling.—Mrs. John Woods, Richmond Hill, Ont.

MAPLE SUGAR FROSTING.—1 pound soft maple sugar, ¼ to ½ cup boiling water and stir occasionally until sugar is dissolved. Boil without stirring until syrup will thread when dropped from tin spoon; pour gradually on beaten whites, beating mixture continually, and continue beating until of right consistency to spread.—Mrs. John Woods, Richmond Hill, Ont.

MOCHA FROSTING.—1 cup powdered sugar, 1 tablespoon butter, 2 tablespoons hot strong coffee, 1

For extra nice cakes use **Cowan's Cake Icings**

teaspoon vanilla, 1 teaspoon cocoa.—Mrs. H. S. Barss, New Germany, N.S.

MOCHO ICING FOR CAKE.—½ cup blanched almonds chopped fine, 5 tablespoons icing sugar, 2 tablespoons butter, 1 tablespoon hot water, ½ teaspoon vanilla.—Mrs. Geo. A. Shuttleworth, Mt. Albert, Ont.

2.—1 cup icing sugar, ½ cup butter, 1 tablespoon boiling water; flavor to taste. Beat to a cream, spread on cake 10 cents shelled almonds blanched by covering in warm water for a while, then take peel off; brown in oven and roll while warm, sprinkle on icing. This will cover an ordinary-sized cake in a pan, not a large one. I just make a plain cake when I use this icing.—Mrs. E. D. McGugan, Slate River Valley P.O., Ont.

NUT ICING.—1 cup chopped nuts, 1 cup cream, 1 cup sugar. Boil together a few minutes, then beat till cold.—Mrs. Hugh E. Ross, Eagledale Farm, Port Stanley, Ont.

2.—10 cents chopped dates, 10 cents chopped walnuts, 1½ cups white sugar, ¾ cup milk.—Mrs. H. A. Wright, Glenavon, Sask.

RAISIN FILLING.—1 cup white sugar, ¼ cup sweet milk, 1 teaspoon butter; let boil 5 minutes, then add 1 cup chopped and seeded raisins, boil a few minutes longer, stir until cool.—Maggie Cryderman, Thamesville, Ont.

PISTACHIO PASTE.—To marshmallow add a few drops of almond, ⅓ cup pistachio nuts blanched and chopped, and leaf of green coloring.—Mrs. John Woods, Richmond Hill, Ont.

A HANDY HINT FOR A STICKING CAKE.—A good way to prevent a cake from sticking to the pan—grease it well with lard, then flour it; shake all the loose flour out; this will give a nice, smooth crust to your cake, which can be frosted. Never use butter to grease pans with unless the salt has been washed out. Pure lard is best—a very little will do and the flour kills the taste of the lard. Try it and see the results.—Mrs. Alfred E. McGinley, 382 Watson St., St. John W., N.B.

ALMOND CAKE.—1 pound butter, 1 pound sugar, 6 eggs, 6 small cups flour, 2 teaspoons baking powder, ½ pound citron, ½ pound almonds, small cup sweet cream.—Mrs. Fred. N. Madill, Brougham, Ont.

ALMOND BISCUITS.—2 eggs (whites beaten), add ½ pound icing sugar, beat together. Reserve ½ cup mixture to ice the cake. Chop ½ pound almonds and add to the above mixture. Cut in narrow strips and brown slightly. Bake on inverted tins in a slow oven.—Mrs. E. Roberts, Port Ryerse, Ont.

ANGEL CAKE.—To the whites of 11 eggs beaten stiff on a platter, add 1½ cups granulated sugar, sifted once; take 1 cup flour with teaspoon cream tartar and sift 4 times, return to sieve and gradually add to the cake. Mix lemon, vanilla and pineapple flavoring in equal quantities and add teaspoon of mixture. Be sure to use a pan with tube up the centre, and do not grease it. Bake 40 minutes; when baked, invert the pan on 2 cups and let it stand until cool.—Lulu Huff, Kent Bridge, Ont.

2.—Whites of 3 eggs, 2 tablespoons butter, 3 cups flour, 2 cups white sugar, 1 cup sweet milk, 2 teaspoons baking powder.—Mrs. T. C. Harvie, Orillia, Ont.

APFEL KUCHEN (Apple Cake).—1 cup sweet milk, 1 cup sugar, 3 teaspoons butter, 2 teaspoons baking powder, 2 cups flour. Pour dough into jelly tins; have ready some apples peeled and cut in sixths; press them into the dough as close together as possible, covering the top of the cake with them. Cover with sugar and a little cinnamon and bake.—Edna Wahn, Walkerton, Ont.

DRIED APPLE CAKE.—2 cups dried apples soaked over night in water, chop fine and simmer in 2 cups of molasses; when nearly cold, add 1 cup sugar, ½ cup butter, 4 cups flour, 2 eggs, 1 good spoon soda, 1 cup sour milk, spice of all kinds.—Mrs. Watson H. Miner, Gaspereau, King's Co., N.S.

WHITE SWAN BAKING POWDER Is pure and wholesome

APPLE SAUCE CAKE.—1 cup unsweetened apple sauce, 1 teaspoon soda dissolved in same, 2 eggs, 1 cup melted butter and lard, ½ cup raisins, 2 cups flour, 1 cup brown sugar, 1 teaspoon baking powder, ginger or cinnamon to taste. Bake in slow oven.—Mrs. W. W. Walton, Wexford P.O., Ont.

2.—Cream together 1 cup sugar, ½ cup shortening, add 1 saltspoon salt, ½ teaspoon cloves, 1 teaspoon cinnamon, a little nutmeg and 1 cup raisins seeded and cut up. Dissolve 1 teaspoon soda in a bit of warm water, then stir it in a cup of sour apple sauce, letting it foam over the ingredients in the bowl. Beat all thoroughly and add 2½ cups sifted flour. Bake in a loaf tin 45 minutes or more, until it is well baked. If the apple sauce is not very sour add a little boiled cider or vinegar.—Maggie Cryderman, Thamesville, Ont.

GREEN APPLE SAUCE CAKE.—2½ cups unsweetened apple sauce, 4 teaspoons soda stirred in the sauce, 2 cups granulated sugar, 1 cup shortening, half butter and lard; 2 teaspoons cinnamon, ½ teaspoon cloves, 1 teaspoon allspice and a little nutmeg, 5 cents' worth lemon peel, 2 cups chopped raisins, 3 tablespoons molasses, 4½ cups sifted flour. Bake in a 4-quart pan. —Mrs. M. Howell, Forestville, Ont.

AUSTIN CAKE.—1½ cups brown sugar, ¾ cup butter, 2 eggs, 1 cup sweet milk, 1 teaspoon soda, ½ teaspoon spice (cloves and nutmeg), and flour enough to make a thick batter. Bake in a long pan.—Lenia Scott, Brechin, Ont.

BANANA CAKE.—1 cup sugar, whites of 3 eggs, ½ cup butter, ½ cup sweet milk, ½ cup cornstarch, 2 teaspoons baking powder, 1 cup flour. Cream butter and sugar, separate eggs, beat yolk, add to butter; sift flour, baking powder and cornstarch, add to butter, mix and add milk; add whites of eggs well beaten. Just before serving put a layer of sliced bananas between the layers.—Mrs. Ezra Snyder, Blair, Ont.

2.—1 egg, 1 cup granulated sugar, 1 tablespoon butter, ⅔ cup sweet milk, 2 cups flour, 2 teaspoons

baking powder. Bake in 3 layers. Filling for Cake.—½ cup granulated sugar, 1 tablespoon flour, yolk 1 egg, 1 cup sweet milk, 1 teaspoon banana flavoring; cook till thick, put between layers of cake; beat the white of the egg and add sugar enough to make icing; cover the cake with the icing and slice banana over the top. Best while fresh.—Mrs. Jas. F. Thomson, Belmont, Ont.

BEEFSTEAK CAKE.—½ cup butter, ¾ cup brown sugar, 2 eggs, ½ cup baking syrup, ½ cup currants, 1 teaspoon cloves, 1 teaspoon cinnamon, ½ cup buttermilk, 1 good teaspoon soda, a little salt, and flour enough to make not too stiff a batter.—Mrs. L. A. Potter, Bowling Green, Ont.

BELFASTS.—1 egg, 1 cup white sugar, ½ cup butter, 1 cup buttermilk, ½ nutmeg, ½ teaspoon cinnamon, 1 cup seeded raisins or 1 cup currants, 1 teaspoon soda, 2½ cups Graham flour. Bake in gem rings.—Annie M. Whalen, Kilsyth P.O., Ont.

BELFAST CAKE.—½ cup butter, 1½ cups brown sugar, 1 cup raisins, 1 egg beaten, 1 cup sour milk, 1 teaspoon soda (in milk), 2 cups Graham flour, ½ cup white flour, ½ teaspoon cinnamon, ½ teaspoon nutmeg. —Mrs. C. Harrison, Myrtle Station, Ont.

BERRY CAKE.—2 eggs, ½ cup sugar, ¼ cup butter, 1 cup raspberries, 1 teaspoon soda, 1½ cups flour. Bake in layers.—Mrs. Fred. Fenn, Bellview P.O., Ont.

2.—2 eggs, ¾ cup granulated sugar, ¾ cup butter, 1 cup cooked berries, 1½ cups flour, 1 teaspoon soda. Bake in loaf.—Mrs. Jas. F. Thomson, Belmont, Ont.

BESSIE MOLASSES CAKE.—1 cup brown sugar, 1 cup dark molasses, ⅔ cup shortening, 1 cup raisins chopped fine, 1 cup hot water, 1 teaspoon soda dissolved in water, 4 cups flour. Bake in long pan, icing good.—Mrs. Urness, Box 213, Saskatoon, Sask.

BIRTHDAY CAKE.—1 cup sugar, 1 cup sweet cream, 2 cups flour, whites of 3 eggs, 2 teaspoons baking powder, small teaspoon salt, a little nutmeg. Beat

Choose from 8 flavors of **Cowan's Cake Icings**

sugar and cream together first, add flour and baking powder next, the salt and nutmeg, last the whites of the eggs well beaten and mix quickly and bake in 3 layers. For the Filling.—1 cup sweet milk, ½ cup sugar, ⅔ cup cocoanut; boil all together; when boiling, stir in 2 teaspoons cornstarch wet with cold milk.—Mrs. T. C. Sabin, Box 197, Newmarket, Ont.

BLACK HILL CAKE.—1 cup sugar, 1 tablespoon butter creamed together, white of egg beaten to a froth, ¾ cup sweet milk, 2 teaspoons baking powder and enough flour to stiffen. Leave 3 tablespoons of light part, add yolk of egg, 1 tablespoon blackstrap, 1 teaspoon vanilla, 1 teaspoon flour. Bake in hot oven.—Mrs. T. A. Martin, Box 724, Forest, Ont.

BLACK PEPPER CAKE.—1 cup currants, 1 cup blackstrap, 1 cup brown sugar, ½ cup butter, ⅔ cup sour milk (sweet will do), 2 eggs, 1 teaspoon pepper, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon soda, 2 teaspoons cream tartar, a little over 2 cups flour. Bake in layers.—Mrs. J. E. McKenney, Bishop's Mills, Ont.

BLACK AND WHITE CAKE.—Light Part.—1 cup white sugar, ½ cup butter, ½ cup sweet milk, whites of 3 eggs, 2 cups flour, 2 small spoons baking powder, 1 cup chopped nuts, or 5 cents' worth of preserved cherries. Dark Part.—1½ cups brown sugar, ½ cup butter, yolks of 3 eggs, 2 tablespoons syrup, 1 cup sour milk, 1 teaspoon soda, ½ teaspoon cream of tartar, 2½ cups flour, 1 cup seeded raisins, flavor with spices and vanilla. Pour the dark part in a pan and the light part over it.—Kitty Gray, Eden P.O., Ont.

BOILED CAKE.—1 cup sugar, 1 cup raisins, 1 cup water, ½ cup lard. Boil it and then cool, add 2 cups flour, 1 teaspoon cinnamon, ¼ teaspoon cloves, salt, 1 teaspoon soda.—Mrs. Blake Sharp, Hay Bay, Lennox and Addington Cos., Ont.

BOSTON CAKE.—1 cup sugar, 1 cup milk, 1 tablespoon butter, 1 egg, 2½ cups flour, 2 teaspoons cream of

tartar, 1 teaspoon soda, flour with nutmeg or lemon.—MARGARET CAMERON, Atherley, Ont.

BRAN CAKE.—2 eggs, 1 cup brown sugar, ¾ cup shortening, 1 cup sweet milk, 1 teaspoon each baking powder and soda, ⅔ cup currants, salt, 1 cup flour, then mix stiff with bran.—MRS. J. H. HUGHES, Zenda, Ont.

2.—1 egg, ½ cup sugar, 1 heaping tablespoon butter, 2 cups bran to 1 of flour, 2 teaspoons baking powder, sweet milk enough to make a batter. Bake in a quick oven.—MRS. L. B. MYERS, Lynn Valley, Ont.

BREAD CAKE.—Set to rise 2 cups scalded milk, 4 cups flour, 2 yeast cakes. When light, add 6 to 8 tablespoons butter, 8 tablespoons sugar, ½ teaspoon salt, creamed together; add 2 eggs beaten and flour to form; let rise again.—TORONTO TECHNICAL COLLEGE.

BRIDE'S CAKE.—2 cups granulated sugar, whites of 6 eggs, 1½ cups butter, 2 cups sweet milk, 5 cups flour sifted, 4 teaspoons baking powder.—AGNES BOOTHROYD, L.B. 66, Thamesville, Ont.

2.—3 pounds raisins, 3 pounds currants, 2 pounds sugar, 1 pound almonds, 1 pound chopped figs, 1 pound lemon peel, 1½ pounds butter, 1¾ pounds flour, 9 eggs, 4 nutmegs, 1 teaspoon soda.—MRS. MENNO SMITH, Edgeley, Ont.

BROWNIES.—1 cup melted butter, 2 cups brown sugar, 2 eggs, 2 tablespoons buttermilk, 2½ cups flour, 2½ cups Graham flour, 1 teaspoon soda. Roll thin and cut in squares, put pieces together with fruit between. —A. M. NORTHGRAVES, Nantyr P.O., Ont.

2.—2½ cups flour, 2 cups bran, 2 cups brown sugar, 1 cup melted butter, 1 tablespoon cinnamon, 2 eggs slightly beaten, 2 tablespoons sour milk, 1 teaspoon soda; mix all together like pie crust and cut in rounds and place dates between.—MRS. P. DOWNEY, Castlederg P.O., Ont.

BROWN CAKE.—1 cup sugar, ½ cup molasses, ¼ cup butter, ¾ cup sour cream with 1 teaspoon soda in,

WHITE SWAN YEAST CAKES—ALWAYS KNEADED

1 teaspoon mixed spice, 1 teaspoon vanilla, 2 cups flour. —Mrs. T. C. Gostik, Claremont, Ont.

2.—2 eggs, save white of 1 for frosting, 1 cup brown sugar, ½ cup molasses, 1 teaspoon mixed pastry spice, 1 teaspoon vanilla, ½ cup butter, ¾ cup sour cream, 1 teaspoon soda. Bake in layers in moderate oven.—Mrs. Edward Corry, Britton, Ont.

BROWN GEORGE CAKE.—3 eggs, 1½ cups brown sugar, ½ cup mixed butter and lard, ½ teaspoon spice, ½ cup molasses, ½ cup sour milk, ½ teaspoon salt, 2 cups flour, 1 teaspoon soda dissolved in a few drops of water.—Elizabeth Sibbald, Leith P.O., Ont.

2.—Yolks of 2 eggs, ½ cup sugar, butter size of an egg, ½ cup molasses, ½ cup warm water, 1 teaspoon each of cinnamon and cloves, 1 teaspoon soda.—Mrs. Thos. Elliott, Milton, Ont.

BROWN STONE FRONT CAKE.—3 tablespoons grated chocolate, 1 egg, ½ cup sweet milk; boil till it thickens, cool, add 1 cup brown sugar, ½ cup sweet milk, 1 teaspoon soda, 1 teaspoon cream tartar, 1½ cups flour, 1 tablespoon butter, 1 teaspoon vanilla, pinch salt. Icing for Brown Stone Front Cake.—Boil 1 cup maple syrup 5 minutes, then stir in icing sugar and chopped nuts to make a paste to spread. This icing will not harden; or use 2 cups brown sugar, ½ cup cream and small piece butter; boil 10 minutes, beat until thick enough to spread.—Miss Annie Raven, Mount Stephen, Ont.

BUTTER CAKES.—1½ pounds flour (4 cups to the pound), 1 cup butter, 1 cup brown sugar, 2 tablespoons cinnamon, 1 egg.—Mrs. H. B. Ohrt, 20 Farnham Ave., Toronto, Ont.

BUTTERCUP CAKE.—1 cup sugar, ½ cup butter, add whites of 3 eggs, ½ cup milk, 1½ cups flour, 1 teaspoon cream tartar, ½ teaspoon soda. Frosting.—Yolks of two eggs stiffened with powdered sugar, flavor with vanilla.—Mrs. Geo. S. Sharpe, Lower Millstream, King's Co., N.B.

BUTTERMILK CAKE.—½ cup butter, 1 cup raisins, 1 cup currants, 1½ cups brown sugar, 2 cups buttermilk, 2 teaspoons soda, 3 cups flour, spice to taste.—Mrs. Wm. Todd, Lemonville P.O., Ont.

BUTTERMILK FRUIT CAKE.—2 cups buttermilk, 2 cups raisins, 2 cups currants, 2 cups sugar, 2 tablespoons shortening, 2 teaspoons soda, 4 cups flour, spice to suit taste. Beat all together, put it in your pan ready for the oven, then let it rise over night.—Mrs. R. Lotton, Markham, Ont.

2.—1 cup buttermilk, 1 cup sugar, 1 cup currants and raisins, 1 teaspoon soda. Mix fruit and soda with flour, 1 nutmeg grated. This makes a nice pudding if baked first, then steamed. Serve with sauce.—Mrs. J. W. Cartwright, Londesboro, Ont.

BUTTERNUT CAKE.—1 cup sugar, ½ cup butter, ½ cup sweet milk, ½ cup raisins, 1 cup butternut meats, 2 eggs, 2 cups flour, 2 teaspoons baking powder. Walnut meats can be used if preferred.—Mrs. Jas. Mabee, Guysboro, Ont.

CALIFORNIA CAKE.—Yolks of 4 eggs, 2 cups brown sugar beaten together, add 1 cup shortening, 1 cup cold water, 2 teaspoons cinnamon, ½ teaspoon soda, 1 teaspoon cream of tartar, 3 cups flour. Mix soda and cream of tartar in a little water.—Mary M. Smoke, Mt. Nemo, Ont.

2.—2 cups sugar, ½ cup butter, 1 cup milk, 2 eggs, 3 tablespoons baking powder, 3 cups sifted flour, flavor or add fruit. This makes two cakes.—Mrs. Wm. McLeod, Box 262, Beamsville, Ont.

MADE IN CANADA CAKE.—1 cup sugar, ½ cup butter, ½ cup milk, 2 cups flour, 2 eggs, 2 tablespoons baking powder. Cream butter and sugar and mix in the usual way. Bake in a large flat tin. When cold, cut in small squares and cover on five sides with the following icing: Icing.—Butter size of a large egg, cream and add as much sugar as will cream in well, then add sweet cream, sweetened and a little vanilla, until

Try Cowan's Perfection Cocoa for Breakfast—Luncheon—Tea

the proper stiffness has been obtained and ice the squares and roll in chopped walnuts.—Mrs. Guy Simmonds, Wilton, Lennox Co., Ont.

CARAMEL CAKE.—First take ½ cake chocolate, yolk of 1 egg, ½ cup sugar, ½ cup milk; let this boil until it thickens, then set aside until cool. Take 2 eggs, 1 cup sugar, ½ cup butter, 1 cup milk, 2½ cups flour, 2 teaspoons baking powder, then put in the chocolate mixture, mix thoroughly, bake in layers, join with icing.—Mrs. Will McKay, Altona, Ont.

2.—2 eggs, 1 cup sugar, ½ cup milk, ¼ cup butter, 1½ cups flour, 1 teaspoon cream tartar, ½ teaspoon soda. Bake in 2 square tins. Filling.—1 cup sugar, ¾ cup milk, butter size of an egg; stir and boil 15 minutes, beat till cool and flavor with vanilla.—Mrs. G. A. Black, Villagedale, Shelburne Co., N.S.

POTATO CARAMEL CAKE.—⅔ cup butter, 2 cups granulated sugar, 4 yolks eggs. Beat all to a cream, then add ½ cup sweet milk, 1 cup hot mashed potatoes, ½ cup grated chocolate, 2 cups flour, 2 teaspoons baking powder, ½ teaspoon ground cinnamon, ½ teaspoon nutmeg, ¼ teaspoon cloves. Fold in 4 beaten whites, add 1 cup walnuts. Bake slowly.—Mrs. John Woods, Richmond Hill, Ont.

CARNATION CAKE.—Yolk of 3 eggs, 1 cup sugar, ¾ cup butter, 1½ cups flour, 1 cup raisins, 1 cup sour milk, 1 teaspoon soda, 1 nutmeg, 1 teaspoon allspice. Icing.—1 cup sweet cream, ¼ cup chopped almonds, 8 dessertspoons icing sugar.—Mrs. M. Holtby, Manchester, Ont.

CHARITY CAKE.—1 cup sugar, butter size of an egg; stir to a cream; add 1 cup sweet milk, 2 cups flour, 2 teaspoons cream of tartar, 1 teaspoon soda.—Cora M. Canning.

GOOD CHEAP CAKE.—⅔ cup white sugar, 1 small tablespoon butter and 1 egg beaten together, ⅔ cup milk or cream, ½ teaspoon soda, 1 teaspoon cream of tartar, ½ teaspoon salt; sift with flour enough to make

cake stiff. Use any flavoring you wish or not at all.—Mrs. R. G. McLeod, Lansdowne Station, Pictou Co., N.S.

CHERRY CAKE.—1 cup brown sugar, ½ cup butter, 1 cup cherry preserves without pits, 2 eggs, 1 tablespoon sour milk, 1 teaspoon soda, 1 teaspoon cinnamon, ½ teaspoon nutmeg, 2 heaping cups flour.—Mrs. W. Leach, Duntroon, Ont.

CHILDREN'S CAKE.—½ cup butter, 1 cup sugar, ⅔ cup milk, 1¾ cups flour, 2 teaspoons baking powder, 2 teaspoons vanilla, 2 eggs. It can be put in layer cake or sponge cake.—Mrs. Sol. Knechtel, Wellesley, Ont.

CHOCOLATE CAKE.—1½ cups sugar, ½ cup butter, ½ cup milk, 1¾ cups flour, ¼ pound grated Cowan's Perfection Chocolate, 3 eggs, 1 teaspoon cream tartar, ½ teaspoon soda. To the grated chocolate add 5 tablespoons sugar (in addition to the other sugar), 3 tablespoons boiling water and stir over fire until smooth and glossy, then stir it into the butter and sugar, which have already been creamed and mixed; add eggs well beaten, then the milk and flour in which the soda and cream tartar have been thoroughly mixed. Bake 20 minutes in a moderate oven.—M. Lizzie Muir, Belleisle Ck., King's Co., N.B.

2.—2 eggs, 2 cups brown sugar, ½ cup butter, stir quickly together; ½ cup buttermilk, ¼ cup Cowan's Perfection Chocolate with ½ cup boiling water, 1 teaspoon soda, ½ teaspoon baking powder, 2 cups flour.—Eva Wardell, R.F.D. No. 1, St. Thomas, Ont.

3.—2 cups brown sugar, 2 eggs, ½ cup butter, small cup buttermilk, ½ cup grated Cowan's Perfection Chocolate in ½ cup boiling water, 2½ cups flour, 1 teaspoon soda.—Mrs. Arthur Drew, Kent Bridge, Ont.

4.—1½ cups sugar, ½ cup butter, 3 eggs, ¾ cup milk, 2 cups flour, 1 teaspoon cream of tartar, ½ teaspoon soda, 1 ounce unsweetened Cowan's Perfection Chocolate. Cream the butter and sugar and add the well-beaten eggs, then the milk; sift the flour, cream

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of tartar and soda together twice and mix thoroughly with the above; warm the chocolate over teakettle and stir into the butter. Bake about 35 minutes in moderate oven.—Mrs. J. F. Nelles, Decewsville P.O., Ont.

Also contributed by Mrs. D. Brown, Hagerman, Ont.; Mrs. Nelson Wagg, Claremont, Ont.; Mrs. H. McPhee, Eady P.O., Ont.; Mrs. L. H. Lipsit, Staffordville, Ont.; Mrs. W. Anderson, Edgeley, Ont.; Mrs. S. Steinmann, Brunner P.O., Ont.

CHRISTIAN SCIENCE CAKE.—2 eggs, ⅔ cup granulated sugar, 4 tablespoons blackstrap, 1 teaspoon cinnamon, 1 cup sour cream, 1 teaspoon soda, a pinch of salt, 2 cups flour (scant); filling with dates. Bake in 2 layers, cook the dates and spread between.—Miss Mabel Emery, New Sarum, Ont.

CHRISTMAS CAKE.—1½ pounds flour, 1 pound butter, 12 ounces moist brown sugar, 3 pounds currants, ½ pound citron peel, 5 eggs, 2 teaspoons vinegar, 1 teaspoon soda, 4 ounces ground almonds. Warm the butter slightly to make it beat easily, but not oily; put it into a bowl with the sugar and beat both to a cream; sift the flour and mix it in, a tablespoon at a time; add the currants washed and dried, the peel chopped fine, the ground almonds and the soda. When all these are mixed, add the yolks beaten to a froth; mix for five minutes, then add the whites of the eggs beaten to a froth and lastly the vinegar.—Mrs. A. Plowman, Oshawa, Ont.

2.—2 cups sugar, 1½ cups butter, 1½ cups dark molasses, 1 cup sweet milk, 5 eggs, 1 teaspoon soda, ½ teaspoon cloves, ½ teaspoon cinnamon, 1 nutmeg, 1½ pounds chopped raisins, 1 pound currants, ¼ pound lemon peel, ¼ pound citron peel, 4 cups flour.—Mrs. Harmon Yake, Altona, Ont.

3.—1 pound butter, 3 pounds raisins, 3 pounds currants, 2 tablespoons cinnamon, 1 cup blackstrap, ½ dozen eggs, 1 tablespoon soda, 2 ounces lemon peel, 2 ounces citron peel, 2 ounces orange peel, a little salt, 4

cups sugar, flour to make stiff. This will make a 4-story cake.—Mrs. W. H. Wilson, Eady, Ont.

4.—1 pound butter, 1 pound sugar (brown), 8 eggs well beaten, 3 pounds currants, 3 pounds raisins, ¼ pound mixed peel cut fine, ¼ pound blanched almonds chopped fine, 5 cups sifted flour, 2 nutmegs and 2 teaspoons mixed spice, the same of vanilla and lemon, ½ teaspoon soda. Weigh your butter and cut in pieces, soften, but do not melt, then add the sugar, beat the eggs and put into the sugar and butter; sift the flour over your fruit, mixed well; then add to the other ingredients; last of all, put in the mixed peel and add nuts. This makes a large cake.—Miss I. Beare, Cedar Grove, Ont.

5.—2 pounds butter, 2 pounds granulated sugar, 12 eggs (beat each separately), 1 cup brandy, 1 cup molasses, 3 tablespoons cloves, 1 of mace, 2 of allspice, 1 nutmeg, ¼ pound citron, 4 pounds currants, 1 teaspoon soda, 2 pounds flour.—Mrs. James Bell, Box 74, Hensall, Ont.

Also contributed by Mrs. John S. Hodgins, Birr, Ont.

6.—3 pounds seeded raisins, 3 pounds cleaned currants, ¾ pound lemon peel, 2 pounds light brown sugar, 2 pounds butter, 4 nutmegs, 15 eggs, ½ teaspoon ground cloves, ¾ teaspoon cinnamon, ¾ teaspoon ginger, ¾ teaspoon allspice, 3 tablespoons lemon extract, 2 tablespoons of vanilla, 2 teaspoons rose water, 2 teaspoons soda dissolved in 2 tablespoons milk, 2¾ pounds flour. Bake for 3 hours slowly.—Mrs. W. J. Dewitt, Greenwood, Ont.

CIDER CAKE.—1 cup sugar, 1 cup flour, 1 cup cider (I use boiled cider), 1 egg, 1 teaspoon saleratus, 1 tablespoon butter.—Mrs. L. E. Jarvis, Vittoria, Ont.

CINCINNATI CAKE.—Pour over 1 pound of fat salt pork chopped fine and free from lean and rind, 1 pint boiling water; let it stand until nearly cold; add 2 cups brown sugar, 1 cup molasses, 1 tablespoon each cinnamon and nutmeg, 2 ounces cloves, 2 pounds raisins, 1 pound currants, add 2 teaspoons cream tartar, 1 of

Cowan's Cake Icings will save you time and trouble,

soda, stir in a teacup sifted flour. Bake slowly 2½ hours.—Mrs. Watson H. Miner, Gaspereau, King's Co., N.S.

CINNAMON CAKE.—Cream ½ cup butter with 1½ cups white sugar, add 1 cup sour milk, 1 teaspoon baking soda, 3 cups flour, 1 teaspoon cinnamon (scant), 1 cup chopped raisins.—Mrs. Norman Blakely, Saintfield, Ont.

2.—Take 1½ cups sugar, ½ cup butter, 3 eggs, ½ cup milk, 2½ cups flour, 2 teaspoons baking powder. For the icing, butter the size of an egg, 1 tablespoon cinnamon, ½ cup sugar; mix well and spread on each layer. —Mrs. Peter Keogh, Colgan, Ont.

CINNAMON BISCUITS.—1 large sifter full flour, 1 large cup sugar, 1 teaspoon cinnamon, 1 teaspoon soda, 2 teaspoons cream tartar. Sift all well together, add a little salt and good rich cream to make into a dough, roll out and bake in a hot oven.—Mrs. J. Thomas Anderson, Walker Settlement, King's Co., N.B.

CINNAMON ROLLS.—3 cups flour, 3 teaspoons baking powder, butter size of an egg; mix as little as possible, roll thin, spread with brown sugar, cinnamon and a little butter; roll up and slice into ½-inch slices. Medium oven. Good warm for tea.—Mrs. G. D. Bannister, Wilsonville, Ont.

CLOVE CAKE.—2 eggs, 2 cups sugar, ¾ cup butter, 1 cup sour milk, 2 cups raisins, 1 tablespoon cloves, cinnamon and nutmeg, 1 teaspoon soda, 3 cups flour.—Mrs. Sol. Lodwick, Udora, Ont.

2.—2 eggs, 1½ cups brown sugar, 1 cup butter, ½ cup milk, 2 cups flour, 1 teaspoon cloves, 1 teaspoon cinnamon, ½ teaspoon soda, 1 cup chopped raisins.—Olive Ashton, Epsom, Ont.

COCOA CAKE.—Cream 2 cups brown sugar and ½ cup butter, add two well-beaten eggs and ½ cup sour milk, in which has been dissolved ½ teaspoon soda; beat in gradually 3½ cups sifted flour, 1 teaspoon bak-

ing powder and ½ cup cocoa thoroughly mixed. Bake in 3 layers. Caramel Filling for the above consists of ½ cup milk, ⅓ cup butter, 1 cup brown and 1 cup granulated sugar, boiled until thickening slightly, when it must be removed from fire and stirred until thick enough to spread. Cover with icing made from one cup granulated sugar and 4 tablespoons boiling water, boiled until syrup hairs, when it ought to be beaten into the stiffly beaten white of an egg.—KATE L. NELSON, Box 210, Paisley, Ont.

2.—Mix ¼ cup cocoa with ½ cup boiling water, into which put 1 teaspoon soda, and let cool; add 2 cups brown sugar, ½ cup butter, 2 eggs; mix, then add ½ cup buttermilk, 2½ scant cups flour, add cocoa, warm. Bake either in loaf or layers. This makes a nice cake to bake in layers and put date filling between, or baked in a loaf with chocolate caramel icing on top, or put a walnut on each piece.—MRS. EDGAR W. POLLARD, Sandford, Ont.

3.—2 cups brown sugar, ½ cup butter, 1 cup buttermilk, ¼ cup cocoa, 1 teaspoon soda, 2 cups flour. Cream sugar and butter together, add part of buttermilk, then the cocoa, then add the flour and lastly add the soda dissolved in the remainder of the buttermilk. Bake in a moderate oven.—P. E. DOTEN, Green River, Ont.

COCOANUT CAKE.—3 eggs (the whites of 2 to be used for frosting), ⅔ cup sugar, ⅔ cup sweet milk, 1⅔ cups flour, 1 teaspoon cream tartar, ½ teaspoon soda. Bake in layers. Frosting for Cake.—The whites of 2 eggs well beaten with 4 dessertspoons sugar, spread on cake and sprinkle with cocoanut.—MISS JOSEPHINE WOODCOCK

COCOANUT LOAF CAKE.—1 cup white sugar, 1 cup milk, ¼ cup cocoanut, 2 cups flour, 1 egg, 2 tablespoons baking powder, 3 tablespoons melted butter. Stir butter and sugar together well, add egg, then milk; sift flour and baking powder together and add them, beating vigorously. When all is smooth, add

WHITE SWAN YEAST CAKES the best on the market

the cocoanut and bake in a quick oven.—Mrs. Arthur Drew, Kent Bridge, Ont.

COCOANUT CAKE.—½ pound sugar, ½ pound cocoanut, whites of 3 eggs, 2 tablespoons flour. Bake in a greased pan, drop by spoonfuls.—Miss E. McIlraith, Oxford Mills, Ont.

COCOANUT DROPS.—2 cups cocoanut, 1 cup sugar, 1 tablespoon flour, white of 1 egg beaten stiff. Drop on buttered paper and bake 15 minutes in a slow oven. —Mrs. Fred. Martindale, Mount Healey, Ont.

COCOANUT MACAROONS.—Whites of 3 eggs beaten stiff, 1 cup granulated sugar; boil 3 minutes in double boiler, then add 2½ cups grated cocoanut and 1 tablespoon cornstarch, mixed together. Drop on buttered paper and brown in oven.—Mrs. O. C. Davis, Aylmer, Ont.

COCOANUT PUFFS.—Whites of 3 eggs, 1 cup ground sugar, 1 teaspoon vanilla, 1 tablespoon cornstarch, 2 cups shredded cocoanut; beat the whites well, then add the sugar and beat over steam until a crust on the bottom and sides of dish.—Mrs. J. Robinson, Courtland, Ont.

COFFEE CAKE.—2 eggs, ½ cup butter, ½ cup sugar, ½ cup currants, ½ cup molasses, ½ cup cold coffee, ½ teaspoon each of cinnamon and cloves, 1 teaspoon soda in the coffee. Mix as thick as a jelly cake and bake in layers.—Mary C. Anderson, Rugby, Ont.

2.—4 cups bread sponge, ½ cup melted butter, ½ cup sugar, 2 eggs, grated rind of 1 lemon, 1 cup chopped raisins, ½ cup chopped almonds. Mix as for buns, only put in loaf.—Mrs. W. Leonard, Vanessa, Ont.

3.—1 cup sugar, ½ cup molasses, ½ cup cold coffee, 1 egg, ½ cup butter, 1 teaspoon nutmeg, 1 cup raisins, a little citron or lemon peel, 2¼ cups flour, 1 teaspoon soda, 2 teaspoons cream tartar. Bake in layers and ice. —Mrs. A. T. Hammond, Box 10, Grand Coulee, Sask.

COFFEE CAKE WITHOUT EGGS.—1 cup molasses, 2 cups brown sugar, 1 cup cold coffee, 1 cup lard, 1 cup sour milk, 3 teaspoons soda, 2 cups raisins chopped fine, 2 cups currants, 1 lemon peel, 2 teaspoons all kinds of spice, 5 cups flour.—MRS. E. F. CANNIFF, Kent Bridge, Ont.

QUICK COFFEE CAKE FOR BREAKFAST.—Sift together twice 1 cup flour, ½ cup sugar, 3 level teaspoons baking powder, ½ teaspoon salt and ½ teaspoon cinnamon. Mix in a soft dough with 4 tablespoons melted butter, a well-beaten egg and ½ cup sweet milk; spread in a shallow pan and sprinkle thickly with sugar and cinnamon. Bake in a quick oven and serve fresh and hot for breakfast.—MRS. JNO. SLOAT, Marysville, York Co., N.B.

CORONATION CAKE.—2 eggs, 1 cup sugar, butter size of an egg, 1 cup sour milk, 1 teaspoon soda, 1 teaspoon cinnamon, 1 cup seeded raisins. Bake in two layers. Filling.—1 cup sugar, 2 tablespoons cream, 2 tablespoons water, 1½ tablespoons butter.—MRS. S. E. WALLACE, Townsend Centre, Ont.

CORN RUSKS.—1 egg, ⅔ cup brown sugar, ⅔ cup shortening, 1 cup sour milk, 1 teaspoon soda, 1 teaspoon baking powder, ginger enough to suit taste, enough cornmeal to make batter, mix well and roll like round loaf bread, then cut off about 1 inch thick and lay in cookie pan to bake. These are fine.—MISS OLIVE HUBBELL, Kent Bridge, Ont.

CORNSTARCH CAKE.—Whites of 4 eggs, ¼ pound sugar, 1 cup butter, ¾ cup cornstarch, 1 cup flour, ½ cup sweet milk, 2 teaspoons baking powder, vanilla or lemon flavoring. Cream butter and sugar together, mix cornstarch with milk and add, then add eggs beaten stiff; next, the flour in which the baking powder has been sifted, add flavoring, put in well-greased mould and bake. If after greasing the cake tin a little flour is dusted over it, it will prevent the cake from sticking to tin.—MISS N. GUNTER, Millbridge, Ont.

For extra nice cakes use **Cowan's Cake Icings**

2.—Whites of 4 eggs, 1 cup sugar, ¾ cup cornstarch, ½ cup butter, ½ cup milk, 1 cup flour, 2 teaspoons baking powder.—Mrs. B. H. Hill, St. Catharines, Ont.

COTTAGE CAKE.—1½ cups sugar, ½ cup butter, ½ teaspoon soda, 1 teaspoon cream of tartar, 2 cups flour, ⅔ cup milk, flavor to taste.—Mrs. Geo. Simpson, Box 36, Semans, Sask.

CREAM CAKE.—1½ cups white sugar, ¾ cup butter, 4 eggs, 1 cup sweet milk, 1 teaspoon cream tartar, ½ teaspoon soda, 3 cups flour, vanilla flavoring. Cream the sugar and butter, break in eggs and add milk, put soda and cream tartar in flour, beat all together.—Mrs. Jas. Leonard, Schomberg, Ont.

2.—½ cup butter, 2 cups sugar, 3 eggs beaten in 1 cup milk, 3 cups flour, 2 teaspoons cream tartar, 1 teaspoon soda. Cream for middle.—1 pint milk, let it come to a boil, ½ cup flour, 1 cup sugar, 2 eggs, flavor with vanilla and a lump of butter.—Eileen J. Record, Coldbrook, N.B.

FRUIT CREAM CAKE.—1 egg, 1 cup brown sugar, butter the size of an egg, 1 cup rich sour cream, 1 teaspoon soda, 1 teaspoon cinnamon, nutmeg to taste, 1½ cups seeded raisins. This will make a good-sized loaf. Bake 1 hour.—Mrs. F. Ferguson, Carlyon, Ont.

Also contributed by Mrs. F. A. Pratten, Nanticoke, Ont.

FRENCH CREAM CAKE.—3 eggs, 1 cup sugar, 2 tablespoons cold water, 1½ teaspoons baking powder, 1½ cups flour. Bake in 2 tins and split while hot and fill in with cream filling. Cream Filling.—1 quart milk, 2 tablespoons cornstarch, 1 egg, ½ cup white sugar, 2 tablespoons butter, flavor to taste.—Mrs. Edward Meyer, Cashel, Ont.

SWEET CREAM CAKE.—2 eggs beaten in cup, fill cup with sweet cream (not too thick), 2 cups flour sifted 3 times with 1 heaping teaspoon baking powder, a pinch of salt, and flavor to taste. For a nut cake, add a cup of chopped nuts or make a loaf cake, using 1 cup

chopped raisins, or cook in layers with the following for icing. Sweet Cream Icing.—1½ cups granulated sugar, ⅓ cup rich sweet cream; boil till it hairs, beat till cool, then add flavoring and spread between layers and on top.—Mrs. H. O. Lunsford, Mikado, Sask.

2.—1 egg, 1 cup sugar, 1 cup sweet cream, 2 teaspoons baking powder, flour for a thin batter. Bake in a shallow dish in a moderate oven. Ice this cake with whipped cream, sugar and vanilla.—Mrs. W. H. Johnston, Cheapside, Ont.

SOUR CREAM CAKE.—1 cup sour cream, 1 cup granulated sugar, 2 beaten eggs, 2 cups flour. Mix 1 level teaspoon soda with cream, then add to eggs and sugar ½ teaspoon ground cloves, 1 teaspoon cinnamon. Good results may be obtained without eggs, where they cannot be had. Bake 20 minutes, in a loaf pan.—Mrs. H. O. Lunsford, Mikado, Sask.

CREAM CRULLERS.—1½ cups sugar, 2 cups cream, 2 eggs, 2 teaspoons baking powder; mix in enough flour to roll out soft, fry in very hot lard.—Mrs. H. Amos, Doaktown, N.B.

CRUMB CAKE.—1½ cups flour, 1 cup sugar, 2 tablespoons butter; mix all together, then take a ½ cup out to sprinkle on top of cake, add spices to the remainder (1 teaspoon each of cloves and allspice), 1 teaspoon soda, 1 cup sour milk, 1 cup raisins.—Mrs. Thos. E. Brown, Tartan P.O., Ont.

Also contributed by Mrs. Wm. Hendry, Woodbridge, Ont.

2.—2 cups flour (heaping), 1 cup sugar, ½ cup butter; crumble together and take out ⅓ of a cup; to the balance add 1 egg, 1 cup sour milk, 1 teaspoon soda, 1 cup raisins, 1 cup walnuts, vanilla to taste. After putting in pan sprinkle the part kept out, open the top of the cake.—Miss Pearl Loney, Box 120, Victoria Harbor, Ont.

CRUMPETS.—1 cup brown sugar, 1 cup chopped raisins, ½ cup butter, 2 small cups flour, 2 tablespoons

DRINK WHITE SWAN COFFEE

sour milk, 1 egg, ½ teaspoon soda, ⅓ teaspoon of all kinds of spices.—Miss Pearl Lowrie, Tillsonburg, Ont.

CUP CAKE.—2 cups sugar, ¾ cup butter, 3 eggs, 1 cup cold water, 3 cups flour. Beat butter and sugar to cream, add the eggs well beaten, take 3 tablespoons out of the cup of cold water and, just before putting in pan to bake, add 3 tablespoons boiling water; flavor to taste.—Mrs. H. Amos, Doaktown, N.B.

2.—Cream 1½ cups sugar with ½ cup butter, add the yolks of 2 eggs and nearly a cup of milk; stir in 2 cups flour and 2 teaspoons baking powder, add the beaten whites of the 2 eggs and bake in cups or muffin tins.—Mrs. Geo. Stead, Hopetown, Ont.

CURRANT CAKE.—2 eggs, 1 cup sugar, ½ cup butter, ½ cup milk, 1½ cups flour, 2 teaspoons baking powder, 1 cup washed currants dredged with flour. When cooked, ice over the top with white icing sugar. —Winnie Gardiner, Mount Stephen, Ont.

SCOTCH CURRANT CAKE.—¾ pound butter, 5 eggs, ¼ gill milk, ¼ pound sugar, 1 pound flour, 6 ounces currants. Beat the butter and sugar to a cream, add the eggs 1 by 1, the flour by spoonfuls, then, lastly, beat in the currants; stir thoroughly, and add the milk. Line 2 cake tins with buttered paper, pour in the mixture and bake in moderate oven 1¼ hours.—Mrs. Thos. Smith, Jamestown, Ont.

DAISY CAKE.—2 eggs, 1½ cups sugar, ½ cup cornstarch, 1 cup separator sweet cream, 2 teaspoons baking powder and 2 cups flour.—Flossie M. Field, Vanessa P.O., Ont.

DARK CAKE.—2 eggs, 1 cup brown sugar, 1 tablespoon butter, 1 cup sour milk, 2 tablespoons syrup, ½ teaspoon baking soda, 1 teaspoon cream tartar, 1 teaspoon mixed spice, a pinch of salt, 2 cups flour.—Mrs. W. W. Beelby, Thornton, Ont.

2.—1 egg, ⅔ cup baking syrup, ⅔ cup brown sugar, 1 teaspoon soda, 1 teaspoon cream tartar, ½ cup milk, 1 small cup raisins, flour to stiffen.—Ethel Sampson, Guthrie, Ont.

3.—2 cups brown sugar, 1 cup molasses, 1 cup butter, 2 cups chopped raisins, 1 cup sour milk, 5 cups flour, 3 eggs, 2 teaspoons soda, 1 teaspoon allspice, 1 teaspoon salt, 1 tablespoon cloves, 1 tablespoon cinnamon, 1 nutmeg.—Mrs. A. Barrow, Box 316, Bracebridge, Ont.

DATE CAKE.—2 eggs, ¾ cup brown sugar, 1 cup butter, ½ cup warm water, 1 pound dates, 5 cents shelled walnuts, 1 teaspoon baking soda, 2 cups flour. —Mrs. Fred. Hamilton, Ravenshoe, Ont.

2.—3 eggs, 1 cup brown sugar, ¾ cup butter, ½ cup currants, ½ cup sour milk, 2 cups flour, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon soda, 3 tablespoons molasses. Make a filling of dates.—Elma Johnson, Fordwick P.O., Ont.

3.—1 large cup brown sugar, butter size of an egg, 1 cup sour milk, 1 teaspoon soda, pinch salt, spice to taste, 2½ cups flour, 1 pound dates. Bake in slow oven. Icing for Cake.—¼ pound icing sugar, 1 tablespoon cocoa wet with cream, 1 tablespoon melted butter, 2 teaspoons vanilla.—Mrs. Arthur T. Pannabecker, Hespeler, Ont,

4.—3 eggs, 1 cup butter, 1½ cups white sugar, 1 pound dates (chopped), ¼ pound walnuts chopped fairly fine, 3 cups flour, 1 small dessertspoon soda dissolved in a little warm water. Drop on a buttered pan in pieces about the size of a walnut.—Miss Eva Hunter, Box 17, Ridgetown, Ont.

DATE ROCKS.—1 cup butter and lard mixed, 1½ cups brown sugar, 1 pound chopped dates, ¼ pound chopped walnuts, 3 eggs, 1 level teaspoon soda dissolved in tablespoon water, 1 tablespoon cassia, ½ grated nutmeg and flour to make a stiff batter. Drop on buttered tin in large teaspoons.—Mrs. W. H. Haviland, Delhi P.O., Norfolk Co., Ont.

DATE WAFERS.—2 cups rolled oats, 2 cups flour, 1 cup brown sugar, ½ cup butter, ½ cup lard, 1 teaspoon soda wet with milk; roll thin, cut with an oblong cake cutter, then bake. Filling.—1 pound stoned dates, 1

cup sugar, 1 cup boiling water; boil for a few minutes, let cool a little; when cakes are cooked, put between.—Mrs. E. P. Percy, Green River, Ont.

DELICATE CAKE.—Nearly 3 cups flour, 2 cups sugar, ¾ cup milk, whites of 6 eggs, 1 teaspoon cream tartar, ½ teaspoon soda, ½ cup butter, lemon to taste. —Mrs. Watson H. Miner, Gaspereau, N.S.

2.—1 cup granulated sugar, ½ cup butter and lard mixed, ½ cup cornstarch mixed in ½ cup sweet milk, 1 cup sifted flour, 2 teaspoons baking powder, whites of 3 eggs, beat stiff and added last, flavor with almond and bake in a loaf.—Mrs. D. McClennan, Box 172, Aylmer, Ont.

DEVIL'S CAKE.—½ cup butter creamed, ½ cup grated chocolate, ½ cup sour milk, ½ cup boiling water, 2½ cups flour, ½ teaspoon cream tartar, 2 cups brown sugar, 2 eggs, 1 teaspoon soda, in 1 tablespoon boiling water, sour milk last.—Mrs. R. Besse, Clearmont, Ont.

2.—½ cup butter, cream it with 2 cups brown sugar, 2 eggs, ⅓ cake chocolate grated and stirred in ½ cup boiling water, ½ cup sour milk, 1 teaspoon baking soda settled in 1 tablespoon hot water, then mix with sour milk, sift ½ teaspoon cream tartar with 2½ cups flour. Icing.—2 cups white sugar, ½ cup butter, ½ cup milk. Let boil about 1 minute; when cool add vanilla and beat until cold.—Mrs. W. J. Turner, Green River, Ont.

DEVIL'S FOOD CAKE.—½ cup butter, 2 cups sugar, ½ cup sour milk, 2 eggs, ⅓ cake chocolate dissolved in cup boiling water, 1 teaspoon soda, 3 cups flour. Bake in layers.—Filling.—½ cup cream or fresh milk, ½ cup butter, 2 cups sugar, 1 teaspoon vanilla, 2 tablespoons chocolate; cook until done, then stir until it cools; spread on cake.—Mrs. Melvin Rupert, Melfort, Sask.

2.—1 cup chocolate, 1 cup brown sugar, ½ cup sweet milk; boil and cool; 1 cup brown sugar, ¾ cup butter, 3 eggs 1 at a time, ½ cup sweet milk, 1 teaspoon soda in a little warm water, 2½ cups flour. Add first part to second part, stirring thoroughly.—Mrs. G. L. Harris, Salford, Ont.

ICING FOR DEVIL CAKE.—2 cups brown sugar, ½ cup butter, 2 tablespoons chocolate, cook till waxy, then add 1 teaspoon vanilla and beat till creamy, then spread between layers and on top of cake.—MRS. WM. PEARSON, Corinth, Ont.

DOLLY VARDEN CAKE.—2 cups sugar, ⅔ cup butter, 1 cup sweet milk, 3 eggs, ½ teaspoon soda, 1 teaspoon cream tartar, 3 cups flour, flavor with lemon. Bake ½ of this in two pans; to the remainder add 1 tablespoon molasses, 1 cup chopped raisins, ½ cup currants, piece citron chopped fine, 1 teaspoon cinnamon, cloves and nutmeg. Bake in two pans and put in sheets, alternately, with a little jelly or white of an egg beaten to a froth.—MRS. ROBERT ALGEE, Lakeville, King's Co., N.S.

DOMINION CAKE.—15 ounces butter, 1 pound 2 ounces white sugar, 1 pound 6 ounces flour, 9 eggs, 2 pounds seeded raisins.—MRS. NORT BECATSEY, Milliken, Ont.

DROP CAKES.—3 cups flour, 1½ cups sugar, 3 teaspoons baking powder, butter rubbed in to make like pie-crust, add currants and chopped lemon peel, and mix to a very stiff batter with a little milk.—MARTHA MORRISON, Acton's Corners, Ont.

2.—1½ cups brown sugar, 1 cup butter, 3 eggs, 1 teaspoon soda, 1 teaspoon cream tartar, 1 cup chopped walnuts, 1 pound raisins or dates, a little salt, 3 cups flour. Drop in teaspoonfuls on greased paper.—NELLIE GREGG, Marsh Hill, Ont.

3.—1¼ cups rolled oats, ½ cup flour, ½ cup granulated cocoanut, ½ cup brown sugar, 1 tablespoon melted butter, 1 teaspoon cream tartar, ½ teaspoon soda, 1 egg, and enough milk to wet nicely. Drop off spoon in greased bake pan; bake in moderate oven.—MRS. GEO. S. SHARPE, Lower Millstream, King's Co., N.B.

DOUGHNUTS.—1 cup sugar, 2 eggs, 1 cup sour milk, 1 teaspoon soda, 1 pinch salt, 3 tablespoons melted butter. Beat eggs and sugar until very light, add

Cowan's Perfection Cocoa is a health-giver

enough flour to make a soft dough. Roll out thin, cut with doughnut cutter, and fry in hot lard.—Mrs. J. W. Gillap, Dunnville, Ont.

2.—1 egg, 1 cup sugar, 1 teaspoon butter, 1 cup sweet milk, 1 teaspoon soda, 2 teaspoons cream tartar. —Mrs. A. J. Duff, Box 14, Carleton Place, Ont.

3.—3 well-beaten eggs, 1 cup sugar, 1 cup sour cream, 1 teaspoon soda, a pinch salt and 1 nutmeg; mix with enough flour to roll out.—Mrs. John H. Wilson, Box 17, Ridgetown, Ont.

4.—2 cups sugar, 2 cups sweet milk or water, 3 tablespoons melted lard, 2 teaspoons cream tartar, 1 teaspoon soda, a little salt and nutmeg.—Mrs. Otis L. Pond, Woodland, York Co., N.B.

DOUGHNUTS WITHOUT EGGS.—4½ cups sugar, 4 cups sour buttermilk, 6 teaspoons soda, 4 tablespoons or more of lard, flour enough to make a soft dough to roll out.—Mrs. Fred. Smith, Upper Falmouth, Hants Co., N.S.

DOVER CAKE.—1 pound sugar, 1 pound flour, ½ pound butter, 5 eggs, 1 cup milk, 1 teaspoon baking powder, flavor to taste. Bake 1 hour slowly. Fruit and spice if you like.—S. R. Schmidt, Hammonds, Halifax Co., N.S.

DUNDEE CAKE.—5 ounces butter, 5 ounces white sugar, 10 ounces flour, 2 ounces almond nuts, 2 eggs, ¾ cup sweet milk, 1½ teaspoons baking powder, 1 teaspoon vanilla. Fruit—sultanas and currants, put an average of 5 ounces of each. Cream butter and sugar, then add yolks of eggs not beaten, then flour and milk alternately, then fruit, baking powder and lastly whites of eggs beaten stiff. Bake 1¼ hours.—Isabella Grice, Stouffville, Ont.

EAGLE CAKE.—½ cup butter, 1 cup brown sugar, 1 cup sour milk, 1 egg, 1 teaspoon cinnamon, cloves and nutmeg, 1 cup raisins, 1 teaspoon soda, ¼ teaspoon cream tartar, 2 cups flour.—Mrs. Wm. Blair, Uhthoff, Ont.

EASY CAKE.—1 cup sugar, 1½ cups flour, 2 teaspoons baking powder, 2 eggs broken into a cup (not beaten), and filled up with milk. Mix sugar, flour and baking powder together and then put in eggs and milk, last of all add 4 tablespoons soft butter and flavoring. Bake in loaf or layer.—EMMA NIXON, St. Williams, Ont.

ECONOMY CAKE.—1½ cups flour, 1 cup white sugar, 3 teaspoons baking powder, a pinch of salt. Sift all four together four times. Scald 1 cup milk and pour it while still hot on to the sifted ingredients and stir thoroughly, then stir in the beaten whites of 2 eggs. Bake in a shallow, oblong tin and use an icing.—MRS. LEE BEAUPRE, Forestville, Ont.

2.—1 cup sugar, 1 cup buttermilk, 1 egg, butter the size of an egg, 2 cups flour, 1 teaspoon soda.—MRS. ROSS POLLOCK, Keswick, Ont.

EGGLESS CAKE.—1 cup sugar, 1 cup milk, 2 cups flour, 5 tablespoons lard or butter, 2 teaspoons baking powder, 1 tablespoon boiling water; sift baking powder in flour, flavoring to taste.—MRS. ALEX. MCGAFFEY, Box 19, Bothwell, Ont.

2.—1 cup sugar and ½ cup butter beaten to a cream, 1 cup milk, 2½ cups flour in which 1 teaspoon cream tartar and ½ teaspoon baking soda have been sifted, 1 cup raisins, spice to taste may be used for cake or with sauce for pudding.—MRS. W. W. BEELBY, Thornton, Ont.

3.—Cream together 1 cup sugar and a piece of butter the size of a large egg, add 1 cup sweet milk, 3 teaspoons baking powder and 3 cups flour (scant), use any kind of flavoring desired. This is for a layer cake.—MRS. PETER KEOGH, Colgan, Ont.

ONE EGG CAKE.—1 cup white sugar, butter size of an egg, mix well together, add 1 egg and beat together again, 1 cup milk, 2 cups flour (sifted), 2 teaspoons baking powder. Bake in jelly tins.—MRS. KIRBY MASTERSON, Power Glen, Ont.

WHITE SWAN BAKING POWDER contains no alum

2.—¾ cup white sugar, 1 cup cream and milk with a tablespoon butter, 1 egg, 2 teaspoons baking powder, 2 cups flour. Bake in 1 cake. 1 cup currants if preferred, flavor to suit the taste.—Miss Rosa Wice, Painswick, Ont.

EXCELLENT CAKE.—1 pound flour, ½ pound butter, ¾ pound sugar, 1 cup milk, 3 eggs, 2 teaspoons baking powder, 1 pound raisins. Makes a very nice cake.—Mrs. D. T. Strathearn, Pinedale Farm, Rugby, Ont.

FAIRY CREAMS.—Line patty pans with good pie paste, fill half full with red raspberries (fresh or preserved), sprinkle on each a pinch of sugar and flour. Bake and cool; before serving heap them full of whipped cream. These are delicious.—Mrs. James Cole, Foxmead, Ont.

FARMER'S DAUGHTER'S CAKES.—1 cup butter, 2 cups sugar, 1 cup sweet cream, 1 egg, 1 teaspoon soda, cinnamon to taste. Mix soft and roll thin.—Miss Ella Peer, Freeman, Ont.

FEATHER CAKE.—1 cup sugar, ½ cup sweet milk, 1 tablespoon butter, 1 cup flour, 2 tablespoons baking powder. Bake in 3 layers and put together with the following icing: 1 cup sugar, 1 cup water, 1 even tablespoon cornstarch, 2 yolks of eggs, juice and grated rinds of 2 lemons. Cook all together until thickened. Cool, spread on layers of the cake.—Mrs. Emerson Kelley, Quinn P.O., Ont.

2.—1 cup white sugar, ½ cup butter, ½ cup cornstarch, ½ cup flour, ½ cup sweet milk, 1 teaspoon essence lemon, 2 teaspoons baking powder, whites of 3 eggs. Beat the sugar and butter together, then add the whites of eggs, sweet milk, then cornstarch, and flour; mix the baking powder.—Laura Homer, Zephyr, Ont.

3.—1 cup sugar, 1 tablespoon butter, 1 egg, ½ cup sweet milk, 2 cups flour, 2 tablespoons baking powder. Bake in 3 layers and put together with the following icing: Icing for Feather Cake.—1 cup sugar, 1 cup water, 1 even tablespoon cornstarch, yolks of 2 eggs,

juice and grated rind of 2 lemons. Cook all together until it thickens; when cool spread it on the layers of cake.—Mrs. John A. Holt, Wyevale, Ont.

FIG CAKE.—½ cup sugar, ½ cup shortening, ½ cup sour milk, ½ teaspoon soda, a little salt, ¾ cup oatmeal mixed in flour; make into dough. Take half the dough, roll out and put on bottom of pan, then spread with figs or other fruit. Roll remainder of dough and put on top and cook until done.—Mrs. W. R. Thornton, Lindsay, Ont.

2.—1½ cups white sugar, 1 cup butter or lard, 1 cup milk, whites of 4 eggs or 2 whole eggs, 1 pound figs chopped fine, 4 level cups sifted flour, 2 teaspoons baking powder.—Mrs. Alfred Thompson, Oshawa P.O., Ont.

FIG ROLL.—Prepare a light suet pastry, using self-raising flour; soak the figs after slicing them, then drain from the water and lay upon the rolled-out sheet of paste; spread with golden syrup and then roll up carefully, fastening the ends; tie loosely in cloth and boil or steam for 2 hours.—Mrs. Hy. Young, Chepstow, Ont.

FRIED CAKES.—3 cups flour, 1 small cup brown sugar, 1 egg, ½ cup cream, ½ cup buttermilk, 1 teaspoon soda, 1 teaspoon cream tartar. Fry in lard or goose grease, or mix it together.—Mrs. J. M. Real, Greenbank, Ont.

2.—2 good-sized potatoes, boil and mash fine, add butter the size of a walnut, 1 cup sugar, 2 eggs (beat well), ½ cup sweet milk, 1 teaspoon baking powder to each cup of flour; use flour enough so it will not stick to hands; try not to get too stiff; a little nutmeg and pinch of salt. Try 3 cups flour first.—Mrs. I. Gowland, York, Ont.

FRUIT CAKE.—½ cup butter, ½ cup molasses, ½ cup sour cream, 1 cup sugar, 1 egg, 1 cup raisins, 1 cup currants, ½ nutmeg, 1 teaspoon cinnamon, 1 tablespoon cloves, 1 large teaspoon soda, 3 cups flour.—Mrs. Jay Walker, Uhthoff P.O., Ont.

2.—1½ cups sugar, 1 cup shortening, ¾ cup molasses, 1 cup sour milk, 1 teaspoon soda, 1 teaspoon ground cloves, 1 teaspoon cinnamon, 1 tablespoon seeded raisins, 1 pound currants, 3 eggs, 5 cents' worth peel, enough flour to make a stiff batter.—Mrs. T. C. Sabin, Newmarket, Ont.

3.—½ cup sugar, ½ cup butter, 4 tablespoons molasses, ¼ teaspoon soda dissolved in it, 4 eggs, ½ cup citron cut fine, ½ pound seeded raisins, ¼ pound well-washed currants, 1 grated nutmeg, 1 teaspoon cloves and cinnamon, 2 cups sifted flour; flavor with essence of lemon, and at the very last add the whites of the eggs. Bake in a moderate oven for 1 hour.—Mrs. Jonas Grant, Maynooth Station, Ont.

4.—1 pound butter, 1 pound sugar, 1 pound flour, 2 pounds raisins, 2 pounds currants, ½ pound mixed peel, ½ pound almonds, 8 eggs, spices to taste. Beat butter and sugar to a cream, add eggs gradually, then spices, fruit and flour; beat well, add peel and almonds. Just before baking add the soda.—Mrs. Jacob M. Cline, Mapleton, Ont.

5.—6 eggs, 2½ cups cooking sugar, ½ teaspoon each of ginger, cinnamon, cloves and nutmeg, 10 cents' worth mixed peel, 25 cents' worth raisins, 10 cents' worth dates, ½ cup nuts, ½ pound butter, ½ teaspoon soda, ½ cup sour cream, ½ cup blackstrap, flour to make a stiff batter.—Mrs. Arthur D. Boyle, Northwood, Ont.

6.—1½ dozen eggs, 1½ pounds butter, 1½ pounds sugar, 1 teaspoon ground cinnamon, ½ teaspoon ground cloves, 1 nutmeg, 1 pound lemon peel, 3 pounds raisins, 2 pounds seedless raisins, 3 pounds currants, 2 pounds flour, 2 pounds almonds, 1 teaspoon soda, 2 teaspoons vinegar, 1 wineglass brandy.—Mrs. J. L. Guest, Fanshawe, Ont.

Also contributed by Ada Wesley, Jarvis, Ont.

BUTTERMILK FRUIT CAKE.—1½ cups brown sugar, ½ cup butter, 1 cup currants, 1 cup raisins, 1½ cups buttermilk, 2 teaspoons soda, 2 teaspoons spices (according to taste), 3 cups flour. Bake in a moderate oven.—Beatrice Duke, Mono Mills, Ont.

CREAM FRUIT CAKE.—1 cup brown sugar, 1 cup sour cream, 1 egg, butter size of an egg, 1 teaspoon each of soda and cinnamon, 1 small nutmeg, 2 cups flour, 1½ cups seeded raisins cut in two.—Mrs. A. J. Thomson, Camrose, Alta.

DROP FRUIT CAKE.—1 cup sugar, ⅔ cup butter, 1½ cups flour, 2 eggs, 1 cup each chopped English walnuts and dates or raisins, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon soda. Mix all together and drop on a greased pan.—Mrs. Jno. Harris, Boston, Ont.

EXCELLENT FRUIT CAKE.—6 eggs, 2 cups white sugar, 2 cups rich sour cream, 2 cups blackstrap, 1 pound butter, beat thoroughly; 1½ teaspoons soda, 2 tablespoons cloves, 2 tablespoons cinnamon, 6 nutmegs, 3 pounds currants, 3 pounds raisins, 2 ounces each lemon, orange and citron peel, 1 cup walnuts or butternuts, ½ cup chopped suet, flour enough to make stiff dough. Bake 3 hours in slow oven.—Mrs. Thos. Baker, Box 1, Easton's Corners, Ont.

EXTRA GOOD FRUIT CAKE.—1 pound butter (2 cups), 1 pound sugar (2 cups), 12 yolks eggs, 2 cups molasses, 1 pound flour (4 cups), 1 teaspoon each of soda and cloves, 2 teaspoons each of mace and cinnamon, whites of 12 eggs, 2 pounds seeded raisins, 2 pounds sliced citron, 2½ pounds currants, ¼ pound candied peel chopped, ¼ pound chopped blanched almonds. Bake in 2 round sponge-cake pans, with tube, about 2 hours and 40 minutes. Each loaf weighs 5 pounds.—Mrs. Jas. Keith, Bender, Sask.

FARMER'S FRUIT CAKE.—3 cups dried apples, 2 cups molasses, 1 cup sugar, 1 cup butter, 1 cup buttermilk, 4 cups flour, 2 eggs, 1 teaspoon soda, 1 teaspoon baking powder, spices. Cake Filling.—½ pound figs or dates chopped fine, ⅔ cup water, ½ cup white sugar. Cook until it thickens.—Mrs. J. T. Corbett, Malta, Ont.

HOUSE OF REFUGE FRUIT CAKE.—2 cups yellow sugar, 2 cups sour milk, 1½ pounds currants, 1½ pounds raisins, 1 pound dates, 5 cents' worth shelled

Cowan's Cake Icings are prepared ready for use

almonds or walnuts, 3 cents' worth lemon peel, 2 teaspoons soda, ¼ teaspoon cloves, ¼ teaspoon allspice, ½ teaspoon salt, 1 tablespoon butter, 1 tablespoon vanilla, 1 tablespoon cinnamon, ½ nutmeg grated, 4 cups flour. This cake must bake very slowly.—Mrs. Wm. Pullin, Sweaborg, Ont.

JELLY FRUIT CAKE.—1½ cups sugar, 3 cups flour, 3 teaspoons baking powder, ⅔ cup butter, 1 cup milk, 3 eggs, flavor with vanilla. To half the cake add 1 tablespoon molasses, 1 tablespoon cinnamon, 1 teaspoon cloves, ½ teaspoon allspice, ½ nutmeg, 1 cup chopped raisins. Bake in jelly tins, two layers light and two layers dark. Place the layers alternately, having a light one on top; spread jelly between the layers and over all spread white icing.—Mrs. Geo. Stead, Hopetown, Ont.

FRUIT JUMBLE CAKE.—2 eggs, 1 cup brown sugar, ½ cup butter, ½ cup lard, ¼ cup sour milk, ½ teaspoon soda mixed into the milk, 5 cents' worth walnuts chopped fine, 1 pound dates, nutmeg to taste, 2½ cups flour.—Mrs. Geo. Rooke, Dereham Centre.

LAYER FRUIT CAKE.—3 eggs, 1 cup brown sugar, ¾ cup butter, ½ cup sour milk, 2 cups chopped seeded raisins or 1 pound chopped dates (the dates are much nicer), 1 teaspoon each cloves and cinnamon, a little nutmeg, 1 teaspoon soda, 1 teaspoon lemon extract, flour to make a soft batter. Bake in layers and use any kind of nice filling.—Miss N. Thompson, Mt. Forest, Ont.

LIGHT FRUIT CAKE.—2 eggs, 1 cup sweet milk, 2 cups flour, 1 cup sugar, butter size of an egg, 2 teaspoons cream tartar, 1 teaspoon soda, 1 cup each currants and raisins.—Miss W. Pearl Frizelle, Bealton, Ont.

RICH FRUIT CAKE.—1 quart sugar, 1 pound butter, 1 dozen eggs, 1½ pounds flour, 1½ pounds mixed peel, 1 pound blanched almonds, 3 pounds currants, 2 pounds raisins, 2 pounds sultanas, ½ ounce rose water, ½ ounce mixed spice, 3 teaspoons baking powder, ½ pint sherry, ½ pint brandy, juice of 2 oranges and 3

lemons. Bake very, very slow for 6 hours. This is extra good.—Amy E. Martin, Forestville, Ont.

PITTSBURG FRUIT CAKE.—Take ½ cup butter, 1 cup sugar, 2 eggs, 1 cup New Orleans molasses, 1 cup chopped apples, 1 cup sour milk with which 2 teaspoons baking soda have been mixed, add flour enough to make a batter, the same as you would for any ordinary loaf cake. Bake in a square pan with a slow fire about 45 minutes. When baked, it is moist. Frost if you like.—Mrs. J. Stephen, Uxbridge P.O., Ont.

PLAIN FRUIT CAKE.—1 cup butter, 1 cup brown sugar, 1 cup molasses, 1 cup sweet milk, 3 cups sifted flour, 1½ teaspoons cream tartar, 1 teaspoon soda, 2 pounds raisins chopped fine, 1 nutmeg. Bake in a slow oven.—Mrs. Fred. Kells, Winfield, Ont.

2.—½ pound well-washed currants and ½ pound raisins, 1 cup butter beaten to a cream, 1 cup white sugar, 1 cup milk, 3 cups flour, 3 eggs and 3 teaspoons baking powder. Paper a dish and bake 1 hour.—Annie Marshall, Guysboro, Norfolk Co., Ont.

3.—1 cup brown sugar, 1 cup molasses, 1 cup shortening, 1 cup milk, 3 eggs, 1 pound seeded raisins, 1 teaspoon soda, flour to make a good batter.—Mrs. Geo. S. Sharpe, Lower Millstream, King's Co., N.B.

POOR MAN'S FRUIT CAKE.—1 cup butter, 2 cups brown sugar, 2 cups sour milk, 1 lemon peel, 1 pound raisins, 1 teaspoon soda, flour enough to make a batter which will rise in the centre and not fall over. Bake in a slow oven 1 hour.—Mrs. Sarah Lloyd, Pottageville P.O., Ont.

PREMIUM FRUIT CAKE.—3 cups sugar, 1½ cups butter, 6 eggs, 1½ cups sour cream, 2 teaspoons saleratus or soda, 1 pound currants, 1½ pounds raisins, ¼ pound citron peel, 1 nutmeg, flour to make stiff. Beat the eggs thoroughly, then add sugar and butter; beat till smooth, dissolve the soda in a little warm water, put in the cream, make the cake quite thick with flour; cut the raisins in halves and remove seeds. When put in

pan one layer of cake and one of citron peel, etc.—Miss C. A. Moore, Box 253, Orillia, Ont.

PRIZE FRUIT CAKE.—4 cups raisins, 3 cups sugar, 4 cups currants, ½ pound lemon peel, 1 cup molasses, 2 cups buttermilk, 1 pound butter, 1 teaspoon soda, 2 teaspoons baking powder, 2 teaspoons cinnamon, 1 teaspoon each of cloves and nutmeg. Bake with slow fire. White Part.—1 cup granulated sugar, a saltspoon salt, butter size of an egg, ½ cup milk, 1½ cups flour; fold in the whites of 3 eggs beaten light, 1 teaspoon baking powder. Bake in layers, put together with fruit part, ice with caramel frosting.—Mrs. Chas. Eagar, Presque Isle, Ont.

SMALL FRUIT CAKE.—½ cup butter, 1 cup sugar, ½ cup molasses, 3 cups flour, ½ cup sour milk, 2 eggs, 1 teaspoon soda, fruit, cloves and nutmeg. Bake in moderate oven.—Mrs. Geo. Stead, Hopetown, Ont.

WHITE FRUIT CAKE.—1 cup butter, 1½ cups sugar (1 cup white and ½ cup brown), 4 eggs, ¼ cup orange juice, ¾ cup milk, small teaspoon vanilla, ½ nutmeg, grated rind of orange, ½ pound blanched almonds cut fine, ½ pound figs cut fine, ¼ pound citron peel cut fine, 1 pound sultana raisins, 1 large cup currants, 1 pound cocoanut put in at the last, 2½ cups flour, 2 teaspoons baking powder. Bake in tin lined with paper for 2 hours.—Mrs. A. H. Robinson, Box 134, Stonewall, Man.

2.—1 cup sugar, ½ cup butter creamed, add yolks of 2 eggs, beat till well mixed, ½ cup milk, sift into this 2 cups flour, 2 teaspoons baking powder; when well mixed, beat with an even stroke so that air will get into it to make it light, add beaten whites of 2 eggs, ½ cup raisins, ½ cup walnut meats. Bake in bread tin.—Sadie Grantham, Campania P.O., Ont.

FRUIT CAKE WITHOUT EGGS—1 cup butter, 2 cups sugar, 2 cups raisins, 2 cups currants, 2 cups buttermilk, 1½ teaspoons soda, 4 cups flour and spice to suit the taste.—Mrs. L. A. Potter, Bowling Green, Ont.

2.—2 cups brown sugar, 2 cups sour milk, 4 cups flour, 1 tablespoon butter, 1 tablespoon soda, ½ cup strong coffee, 2 pounds currants, 2 pounds raisins, ½ pound mixed peel, 1 pound dates, ¼ pound almonds, 1 tablespoon vanilla, 1 teaspoon cinnamon, ½ teaspoon cloves, ½ teaspoon nutmeg, 1 teaspoon salt. This makes 2 good loaves and is excellent.—Miss Edrie Nott, Fingal, Ont.

FRUIT BISCUITS.—1¼ cups brown sugar, ¼ cup butter, ¼ cup sour milk, 1 cup stoned raisins, 1 tablespoon cream, ½ teaspoon soda, ¼ teaspoon nutmeg, 1 teaspoon vanilla, 3 cups flour, roll ¼ inch thick.—Mrs. Wm. Whitney, Washago, Ont.

FRUIT JUMBLES.—1½ cups brown sugar, ½ cup butter, 3 eggs, 1 pound dates, ¼ cup chopped walnuts, 1 teaspoon vanilla, 3 cups flour, 1 teaspoon soda dissolved into 1 tablespoon warm water. Put in teaspoonfuls in a greased pan and bake quickly.—Miss Mary Davis, Altona P.O., Ont.

FRUIT JUNKLETS.—1½ cups white sugar, ½ cup butter, 3 eggs, 1 pound chopped dates, ¼ pound walnuts, 3 cups flour, 1 teaspoon vanilla, 1 teaspoon soda in 1 tablespoon warm water. Stir butter and sugar, add beaten eggs, then flour, fruit and vanilla, soda last of all. Drop mixture, size of a walnut, in buttered pans and spread with a wet knife. Bake in a hot oven.—Mrs. F. J. Reynolds, Goodwood, Ont.

FRUIT SNAPS.—1½ cups brown sugar, 3 eggs, ½ cup molasses, 1 cup butter, 1 cup seeded raisins, 1 cup currants, 1 teaspoon allspice, 1 teaspoon cinnamon, 1 teaspoon ginger, 2 teaspoons baking powder, 1 teaspoon soda, flour to mix soft dough.—Mrs. James Hortop, Balsam, Ont.

FUDGE CAKE.—1 cup sugar, ⅔ cup butter, 3 eggs, 1 cup sweet milk, 2½ cups flour, 1 teaspoon baking powder, ¼ cup chocolate melted, ½ cup walnuts broken up; cream butter and sugar, add the milk, stir in lightly the flour sifted with the baking powder, then stir in the

WHITE SWAN COFFEE guaranteed absolutely pure under Government warranty

chocolate, add the nuts, and lastly the eggs, yolk and whites beaten separately. Fudge Frosting.—1½ cups sugar, 1½ teaspoons butter, ½ cup cocoa, a few grains salt, ¼ cup milk, 1 teaspoon vanilla. Melt butter, add cocoa, sugar, salt and milk. Boil 8 minutes.—Mrs. Chas. Eagar, Presque Isle, Ont.

GRAHAM WAFERS.—Beat to a cream ½ cup butter, add gradually 1 cup granulated sugar and the unbeaten white of 1 egg; beat vigorously for 2 minutes; dissolve ½ teaspoon soda in 8 tablespoons warm water, add this, and then stir in slowly 1 quart Graham flour. Knead until smooth, roll out a little at a time into a sheet as thin as a wafer. Cut in squares, then bake in a slow oven until crisp and brown. Rye meal may be used. —Miss Pearl Lowrie, Tillsonburg, Ont.

GRAHAM NUT CAKE.—1 cup molasses, ½ cup brown sugar, 1 heaping teaspoon soda in sour milk or hot water, 1 cup walnuts cut up, 2 cups Graham flour, 2 cups white flour, 1 pinch salt. Mix like cake batter. —Mrs. James F. Boutilier, Coxheath, Sydney River, N.S.

GRAHAM CAKE.—1 cup sour milk, 1 egg well beaten, ½ teaspoon soda, a little salt, 1 tablespoon butter (melted), added lastly, 1 tablespoon sugar, Graham flour enough for stiff batter.—Mrs. Innes Grant, Brooklin, Ont.

GRAHAM SCONES.—1 cup white flour, 2 teaspoons baking powder, a little salt sifted together; add 1 cup Graham flour, ½ cup sugar, ½ cup shortening. Beat up 1 egg in a saucer and leave awhile. Pour out ½ egg in a cup and fill up with cold water and mix to a soft dough; roll out in squares and brush with egg left in saucer.—Mrs. Bert Mancekivell, Salford, Ont.

GERMAN CINNAMON CAKE.—Make a rich biscuit dough with 1 quart flour, 1 teaspoon salt, 2 tablespoons baking powder, 2 teaspoons sugar, 3 teaspoons butter, 1 egg, 1 pint sweet milk, flavor with lemon or vanilla. Mix all into a soft dough, roll ¾ inch thick and put

dough in a shallow pan, cover top with a mixture of sugar, cinnamon and melted butter. Bake in quick oven.—Mrs. Hector Murchison, Rural Route, York Point, P.E.I.

GINGERBREAD.—½ cup sugar, ½ cup molasses, ½ cup butter or dripping, ¾ cup hot water with 1 teaspoon soda dissolved in it, add enough flour to make a thick batter; lastly, beat up and add 1 egg, 1 tablespoon ginger and other spices if desired.—Mrs. M. S. McLean, Hopewell, Pictou Co., N.S.

2.—1 cup brown sugar, 1 cup molasses, 1 cup sour milk, ¾ cup lard and butter mixed, 3 cups (heaped) flour, 2 eggs, 2 teaspoons soda, 1 of ginger, 1 of cinnamon. Dissolve the soda in warm water; bake in deep pans. Will keep a long time.—Martha Scott, Proton Station, Ont.

DELICIOUS GINGERBREAD.—3 eggs, 1 cup sugar, 1 cup molasses, 1 tablespoon each of cloves, mixed spices and ginger, ¾ cup lard. Beat well, add dessertspoon soda dissolved in hot water, stir in flour until stiff as sponge cake, lastly 1 cup boiling water.—Mrs. Albert Jackson, Ravenna, Ont.

2.—1 cup butter, 1 cup sugar, 2 eggs, 1 cup molasses, 1 tablespoon ginger, 2 teaspoons cinnamon, 1 large nutmeg, 1 cup sour milk, 4 cups flour. Cream butter and sugar, add well-beaten eggs, then sour milk, molasses, spices and flour; stir all together. Just before putting into pan, stir in 2 teaspoons soda dissolved in 2 tablespoons of hot water.—Mrs. P. J. Coffey, Whitby, Ont.

EGGLESS GINGERBREAD.—1 cup each of sugar, molasses and sour cream, 3 cups flour, ½ cup butter, 1 tablespoon ginger, 1 teaspoon cinnamon, 1 heaping teaspoon soda dissolved in hot water; add soda last, then beat hard and bake in a slow oven.—Mrs. Robert Bryan, Mountain, Ont.

GINGER FRUIT CAKE.—1 cup sugar, 1 cup butter, 4 eggs, 1 cup molasses, 1½ cups sour milk, 3 teaspoons ginger, 2 teaspoons each of cloves, cinnamon and nut-

Cowan's Supreme Chocolate combines richness, strength and smoothness

meg, 1 pound each currants and raisins, 2½ teaspoons soda, 4 cups flour. Add fruit last and bake in a slow oven.—Mrs. Peter Hill, Burtch P.O., Ont.

FRUIT GINGERBREAD.—3 eggs beaten, 2 cups brown sugar, 1 cup molasses, 1 cup butter, 1 cup sour cream, 2 cups raisins, a generous quantity lemon peel, 1 heaping tablespoon ginger, 1½ teaspoons soda dissolved in a little water, flour to make rather stiff. Bake in large dripping pan. It will cut in forty good-sized pieces.—Mrs. A. Goss, Price's Corner, Ont.

HOT GINGERBREAD.—1 cup molasses, 1 cup butter, 1 cup milk, 1 cup flour, 1 teaspoon soda, 1 teaspoon ginger, ½ teaspoon salt, 1 cup raisins, 1 teaspoon each cinnamon, cloves, nutmeg.—Mrs. Frank Shelswell, Hawkestone, Ont.

2.—Stir 1 tablespoon lard and 1 tablespoon butter with ¾ cup brown sugar, add 1 cup dark molasses and the yolk of 1 egg, beat well; add 1 cup boiling water, 2 tablespoons ginger, 1 large teaspoon baking soda, 2 good cups flour.—Florence Hunter, West Hill P.O., Ont.

PLAIN GINGERBREAD.—1 cup molasses, 2 teaspoons (level) soda. Beat these to a foam, as herein lies the secret of good success. 2 teaspoons ginger, 1 cup cold water, 3 cups flour, last add ½ cup melted butter. S. Morton, New Germany, Lunenburg Co., N.S.

SOFT GINGERBREAD.—2 eggs, 1 cup brown sugar, 1 cup blackstrap, ½ cup melted butter, 2 cups flour, 2 teaspoons ginger, 1 teaspoon cinnamon, 1 teaspoon allspice, 1 teaspoon soda in a cup of boiling water put in last.—Mrs. Jane A. Stacey, King St., Bowmanville, Ont.

2.—1 cup molasses, 1 cup brown sugar, ½ cup butter, 1 cup sour milk, 2 eggs, 3 cups flour, 1 tablespoon ginger, 1 teaspoon cinnamon, 1 teaspoon soda. Cream the butter and sugar, add the molasses, then the eggs 1 by 1, beat thoroughly. Put the soda in the sour milk,

mixing well; sift the flour and spices and add to the other mixture, alternating with the milk, beat well.—Miss Bertha M. Graham, R.F.D. No. 4, St. John Co., N.B.

SPONGE GINGERBREAD.—1¼ pounds flour, 4 ounces sugar, 5 ounces butter, 1 pound syrup, 2 teaspoons baking powder, 1 teaspoon ginger, 1 egg. Warm butter and syrup together, stir in other things, add little milk if required. Bake in a buttered tin. Cut into squares when done.—Mrs. John Dale, Gilford P.O., Ont.

SUPERIOR GINGERBREAD.—½ cup brown sugar, ½ cup butter, ½ cup sour milk, ½ cup molasses, 2 cups sifted flour, ½ tablespoon ginger, ½ teaspoon soda dissolved in a little water, 2 eggs, 2 cups raisins, 1 cup chopped walnuts, spice to taste. Put soda in last, when well mixed.—Clara Gillespie, Radisson, Sask.

GINGER CAKES.—1 cup brown sugar, 1 cup molasses, 1 cup butter. Boil the sugar, molasses and butter, let it cool, and add 1 egg, 1 teaspoon ginger, 1 teaspoon soda and flour, enough to roll out nicely.—Mrs. M. Quigley, Saintfield, Ont.

GINGER DROP CAKE.—½ cup shortening, 1 cup sour milk, 1 cup brown sugar, ½ cup molasses, 2 eggs, 1 teaspoon ginger, 1 rounding teaspoon soda, flour enough to make a thick batter to drop from a spoon in drops as large as an egg in a bread pan, far enough apart not to touch. To be eaten warm.—Lizzie Nichol, R.R. No. 1, Listowel, Ont.

GINGER SNAPS.—1 cup molasses, 1 cup sugar, 1 egg, 2 tablespoons soda, 1 tablespoon vinegar, 1 tablespoon ginger, ¼ teaspoon salt, flour enough to roll. Beat sugar and egg together, warm the molasses and pour into the mixture. Add ginger and salt, stir well, then add soda and vinegar, beat and mix with flour, roll rather thin, cut in shapes, and bake in hot oven.—Mrs. L. A. Crooker, Brookfield, N.S.

WHITE SWAN YEAST CAKES make Baking Day a pleasure

2.—1 cup brown sugar, 2 cups molasses, 1 cup butter, 1 tablespoon soda dissolved in 2 tablespoons sour milk, 1 tablespoon ginger, flour to make stiff dough.—Miss Mary Wilson, Eady P.O., Ont.

SNAPPY GINGER SNAPS.—1 cup molasses, 1 cup sugar, 1 cup lard or other shortening. Put on the stove and boil up, but do not burn; add 1 teaspoon ginger and a heaping teaspoon soda dissolved in a little vinegar. Stir well, remove from fire, and add flour sufficient to make a stiff dough.—Mrs. H. Coulson, Melton, Man.

HANDY CAKE.—1 egg, 1 cup sugar, butter the size of an egg, ½ cup sweet milk, 2 small teaspoons baking powder, flour to make a stiff batter, flavor with vanilla. Bake in 1 large tin or in 2 small ones. Ice with chocolate.—Miss C. A. Moore, Box 253, Orillia, Ont.

HERMITS.—2 cups brown sugar, 1 large cup butter or lard, 2 eggs, 1 teaspoon mixed spice, 1 nutmeg, 1 cup currants, 1 cup raisins chopped, ½ cup nuts, 5 teaspoons sour milk, 3½ cups flour, 1 teaspoon soda. Beat sugar, butter and eggs together, add other ingredients, flour and soda last. Drop in a long tin and bake in a moderate oven.—Gertrude Howe, Merlin, Ont.

2.—3 eggs, 1½ cups brown sugar, 1 cup butter or half lard, 2 cups raisins, 1 cup currants, 1 cup walnuts, 1 small teaspoon soda, 2½ cups flour, 1 teaspoon cinnamon. Drop mixture in teaspoonfuls in buttered pan and bake or roll out thin like tea cakes.—Florrie Fry, Nobleton, Ont.

HONEY COOKING RECIPES

CONTRIBUTED BY WOMEN'S INSTITUTE BRANCH OF DEPT. OF AGRICULTURE.

HONEY-GEMS.—2 quarts flour, 3 tablespoons melted lard, ¾ pint honey, ½ pint molasses, four heaping teaspoons brown sugar, 1½ level tablespoons soda, 1 level teaspoon salt, ⅓ pint water, ½ teaspoon extract vanilla.

HONEY-JUMBLES.—2 quarts flour, 3 tablespoons melted lard, 1 pint honey, ¼ pint molasses, 1½ level tablespoons soda, 1 level teaspoon salt, ¼ pint water, ½ teaspoon vanilla.

These jumbles and the gems immediately preceding are from recipes used by bakeries and confectioners on a large scale, one firm in Wisconsin alone using ten tons of honey annually in their manufacture.

HONEY-CAKE OR COOKIES without Sugar or Molasses.—2 cups honey, 1 cup butter, 4 eggs (mix well), 1 cup buttermilk (mix), 1 good quart flour, 1 level teaspoon soda or saleratus. If it is too thin, stir in a little more flour. If too thin it will fall. It does not want to be as thin as sugar-cake. I use very thick honey. Be sure to use the same cup for measure. Be sure to mix the honey, eggs and butter well together. You can make it richer if you like by using clabbered cream instead of buttermilk. Bake in a rather slow oven, as it burns very easily. To make the cookies, use a little more flour, so that they will roll out well without sticking to the board. Any kind of flavoring will do. I use ground orange peel mixed soft. It makes a very nice gingerbread.—MARIA FRASER.

AIKIN'S HONEY-COOKIES.—1 cup extracted honey, 1 pint sour cream, scant teaspoon soda, flavoring if desired, flour to make a soft dough.

SOFT HONEY-CAKE.—1 cup butter, 2 cups honey, 2 eggs, 1 cup sour milk, 2 teaspoons soda, 1 teaspoon ginger, 1 teaspoon cinnamon, 4 cups flour.—CHALON FOWLS.

GINGER HONEY-CAKE.—1 cup honey, ½ cup butter or drippings, 1 tablespoon boiled cider, in ½ cup hot water (or ½ cup sour milk will do instead). Warm these ingredients together, and then add 1 tablespoon ginger and 1 teaspoon soda sifted in with flour enough to make a soft batter. Bake in a flat pan.—CHALON FOWLS.

FOWLS' HONEY FRUIT-CAKE.—½ cup butter, ½ cup honey, ⅓ cup apple jelly or boiled cider, 2 eggs

well beaten, 1 teaspoon soda, 1 teaspoon each of cinnamon, cloves and nutmeg, 1 teacup each of raisins and dried currants. Warm the butter, honey and apple jelly slightly, add the beaten eggs, then the soda dissolved in a little warm water; add spices and flour enough to make a stiff batter, then stir in the fruit and bake in a slow oven. Keep in a covered jar several weeks before using.

FOWLS' HONEY LAYER-CAKE.—⅔ cup butter, 1 cup honey, 3 eggs beaten, ½ cup milk. Cream the honey and butter together, then add the eggs and milk. Then add 2 cups flour containing 1½ teaspoons baking powder previously stirred in. Then stir in flour to make a stiff batter. Bake in jelly-tins. When the cakes are cold, take finely flavored candied honey, and after creaming it spread between layers.

FOWLS' HONEY-COOKIES.—3 teaspoons soda dissolved in 2 cups warm honey, 1 cup shortening containing salt, 2 teaspoons ginger, 1 cup hot water, flour sufficient to roll.

HONEY NUT-CAKES.—8 cups sugar, 2 cups honey, 4 cups milk or water, 1 pound almonds, 1 pound English walnuts, 3 cents' worth each of candied lemon and orange peel, 5 cents' worth citron (the last 3 cut fine), 2 large tablespoons soda, 2 teaspoons cinnamon, 2 teaspoons ground cloves. Put the milk, sugar and honey on the stove to boil 15 minutes; skim off the scum, and take from the stove. Put in the nuts, spices and candied fruit. Stir in as much flour as can be done with a spoon. Set away to cool, then mix in the soda (don't make the dough too stiff). Cover up and let stand over night, then work in flour enough to make a stiff dough. Bake when you get ready. It is well to let it stand a few days, as it will not stick so badly. Roll out a little thicker than a common cookie, cut in any shape you like.

This recipe originated in Germany, is old and tried, and the cake will keep a year or more.—Mrs. E. Smith.

HONEY-DROP CAKES.—1 cup honey, ½ cup sugar, ½ cup butter or lard, ½ cup sour milk, 1 egg, ½ tablespoon soda, 4 cups sifted flour.

HONEY SHORT-CAKE.—3 cups flour, 2 teaspoons baking powder, 1 teaspoon salt, ½ cup shortening, 1½ cups sweet milk. Roll quickly, and bake in a hot oven. When done, split the cake and spread the lower half thinly with butter, and the upper half with ½ pound of the best flavored honey. (Candied honey is preferred. If too hard to spread well it should be slightly warmed or creamed with a knife). Let it stand a few minutes, and the honey will melt gradually, and the flavor will permeate all through the cake. To be eaten with milk.

HONEY TEA-CAKE.—1 cup honey, ½ cup sour cream, 2 eggs, ½ cup butter, 2 cups flour, scant ½ teaspoon soda, 1 tablespoon cream tartar. Bake 30 minutes in a moderate oven.—Miss M. Chandler.

HONEY GINGER-SNAPS.—1 pint honey, ¾ pound butter, 2 teaspoons ginger. Boil together a few minutes and, when nearly cold, put in flour until it is stiff. Roll out thin and bake quickly.

HONEY FRUIT-CAKE.—1½ cups honey, ⅔ cup butter, ½ cup sweet milk, 2 eggs well beaten, 3 cups flour, 2 teaspoons baking powder, 2 cups raisins, 1 teaspoon each of cloves and cinnamon.

HOT WATER LAYER OR LOAF CAKE.—1 cup sugar, 1 cup flour, heaping teaspoon butter; stir all together and add ⅔ cup boiling water, add 2 beaten eggs, ½ cup flour and teaspoon baking powder.—Mrs. Wm. Marr, Forks Road, Ont.

HOT WATER SPONGE CAKE.—1 cup sugar, 1 cup flour, 1 egg, 2 teaspoons cream tartar, 1 teaspoon soda, ¼ cup hot water. Sift flour and cream tartar together, whip sugar and egg to a cream, then add sifted flour, add soda in hot water last. Bake in a hot oven.—Mrs. Clara Fisher, Auburn, N.S.

For extra nice cakes use **Cowan's Cake Icings**

ICE CREAM CAKE.—Whites of 3 eggs, 1 cup brown sugar, ½ cup butter, ½ cup sweet milk, 1 teaspoon soda, 2 teaspoons cream tartar, 2 cups sifted flour. Icing.—Yolks of 3 eggs thickened with icing sugar and 1 teaspoon vanilla.—ETHEL BLACKBURN, Creemore, Ont.

2.—2 eggs (whites only), ¼ cup butter, 1 cup sugar (white), 1 cup flour, ½ cup cornstarch, 2 teaspoons baking powder, ¾ cup sweet milk; mix butter and sugar together, then add milk and flour, and lastly beaten egg whites, flavor.—AMY ZIMMERMAN, Smithville, Ont.

IMPERIAL CAKE.—½ pound granulated sugar, ½ pound butter, ½ pound flour, ¼ pound blanched almonds (split), ½ pound raisins split while stoning, ¼ pound citron peel, ½ lemon, 5 eggs, ½ teaspoon extract nectarine in 1 teaspoon water, 1 tablespoon rose water, 1 tablespoon brandy. Cream butter and sugar and yolks of eggs, grate the rind of lemon and add the juice, then the flour sifted in alternately with the whites of the eggs beaten stiff; add the extracts, dredge the fruit with a little flour and, before adding, put ½ the batter in the pan, then put all the fruit on top of that, then the rest of batter on top of the fruit. Bake in a very slow oven about 2 hours.—MRS. J. N. MCCALLUM, Box 183, Shakespeare, Ont.

JAM JAMS.—2½ cups Graham flour, 2½ cups white flour, 2 cups brown sugar, 1 cup butter, ½ cup buttermilk, 2 eggs, 1 teaspoon soda, 1 teaspoon cinnamon. Cut out and put jam between.—MRS. ELIAS BICE, Green River, Ont.

JAM CAKE.—Cream together 1 cup granulated sugar and ½ cup butter; beat the yolks of 3 eggs, ½ glass jam or jelly, 4 tablespoons sour milk, 1 teaspoon soda dissolved in a little hot water, 2 cups sifted flour, 1 teaspoon baking powder, beat the whites of the eggs and add at the last. Bake in jelly cake tins.—MRS. J. R. GREY, Thornton, Ont.

2.—1 tablespoon butter, 1 cup brown sugar, 2 eggs, ½ cup sour cream, ½ cup jam, 1 teaspoon soda, 2 small cups flour.—MRS. W. ANDERSON, Edgeley P.O., Ont.

JELLY CAKE.—2 eggs well beaten, 1 cup sugar, ½ cup water, 1½ cups flour, 2 teaspoons baking powder, ½ teaspoon salt, ½ cup butter. Lemon filling is nice for this cake.—MRS. Wm. HAKNEY, Goodwood, Ont.

2.—3 eggs, 1 cup sugar, 1 cup cream, 1 teaspoon soda, 2 teaspoons cream tartar, 2 cups flour. Beat your eggs and sugar until light, add the cream and soda and cream tartar sifted in the flour by taking good measure; this will make three good cakes.—MRS. R. LOTTON, Markham, Ont.

BROWN JELLY CAKE.—2 eggs, 1 cup brown sugar, ½ cup butter, ½ cup sour milk, ½ cup molasses, 1 teaspoon soda, 2 cups flour.—MRS. JAS. MCCULLOUGH, Aldersyde, Alberta.

DARK JELLY CAKE.—Butter the size of an egg creamed with 1 cup brown sugar, 2 well-beaten eggs, ½ cup blackstrap, 1 teaspoon mixed spice, 1 teaspoon soda, ½ cup buttermilk, 1½ cups flour. Bake in layers. —MRS. FRED. PROPHET, Atherley, Ont.

FRUIT JELLY CAKE.—1½ cups granulated sugar, ⅔ cup butter, ⅔ cup sweet milk, 3 cups flour, 4 eggs, 4 teaspoons baking powder. Stir together and divide into 3 equal parts; into 1 part stir 1 small cup chopped raisins, ½ teaspoon each of allspice and cinnamon, and a little nutmeg.—MRS. WM. DYMENT, Box 75, Copetown, Ont.

LIGHT JELLY CAKE.—Whites of 3 eggs, 1 cup white sugar, 1 cup sweet cream, 1 pint salt, 2 teaspoons baking powder, 2 cups flour, 1 teaspoon soda, 2 teaspoons cream tartar. Bake in jelly tins.—MISS O. DICKIE, Saurin P.O., Ont.

LEMON JELLY CAKE.—1½ cups sugar, ½ cup butter, beat to a cream; 3 eggs well beaten, ½ cup milk, 2½ cups flour, 2 teaspoons baking powder; bake in layers. Jelly.—1 cup sugar, 1 egg, juice and grated rind of 1 lemon, ½ cup cold water, 1 tablespoon cornstarch. Place the dish in boiling water until it thickens, spread between the layers, ice the top.—MRS. SAM WHIPPS, Orillia, Ont.

WHITE SWAN LYE tins contain more weight than others for the same price

ROLL JELLY CAKE.—3 eggs well beaten with 1 cup sugar, 2 tablespoons sweet milk, 2 teaspoons baking powder sifted with 1 cup flour, flavor with lemon and bake at once in a moderately hot oven. Turn out on a cloth wet with cold water, spread with jelly and roll quickly.—Mrs. D. Campbell, Barrow Bay P.O., Ont.

2.—3 eggs beaten to a froth, add 1 cup white sugar, then beat again; 3 small tablespoons cold water, 1 cup sifted flour, 1½ teaspoons baking powder. Spread with jelly and roll.—Mrs. Geo. Johnson, Burtch, Ont.

3.—4 eggs well beaten, 1 cup sugar, 1 cup flour, 1 teaspoon baking powder, pinch of salt. Bake in long pan. Spread jelly on while hot.—Mrs. Jos. E. Alexander, Millstream, King's Co., N.B.

4.—Beat 3 eggs separately very light, then beat them together, add 1 cup sugar, 3 tablespoons cream (or 1 tablespoon butter instead of cream), 1 cup pastry flour (small), ½ teaspoon soda, 1 teaspoon cream tartar. Bake in moderate oven in long shallow tins in very thin layer. While warm, spread with jelly. Trim edges and roll.—Miss Louise Laughlin, Caledon, Ont.

YANKEE JELLY CAKE.—¾ cup brown sugar, 2 tablespoons butter, ½ cup brown syrup, ½ cup buttermilk, 1 teaspoon ginger, 1 teaspoon soda, 1 teaspoon cinnamon, 2 eggs. Bake in layers, use lemon filling and maple cream icing. Icing.—1 cup brown sugar, ½ cup sweet milk, butter size of egg, flavor with vanilla, let boil until it begins to thread, then beat until it begins to cool.—Mrs. Bismarck Reesor, Cedar Grove, Ont.

JERSEY LILY CAKE.—Whites of 4 eggs beaten to a stiff froth, 1 cup white sugar, ½ cup sweet milk, ½ cup butter beaten to a cream with the sugar, 1¾ cups sifted flour, 2 teaspoons baking powder. Vanilla Flavoring.—Put ½ the batter in a long tin, then a thin layer of chopped raisins, ½ cup chopped nuts, then the rest of the batter.—Mrs. E. Sharp, Vittoria, Ont.

JERSEY ROCK CAKES.—1½ pounds flour, ½ pound butter, 10 ounces sugar, 4 eggs, a few drops of

essence of lemon, add currants. Mix well and drop on baking tin.—Miss Edith Herbert, Thamesville, Ont.

JUMBLES.—3 eggs, ½ cup butter, 1 cup sugar, 2½ cups flour, 1 tablespoon water, 1 teaspoon soda, 1 pound dates, 1 pound nuts, 1 pound raisins. Drop on buttered tins.—Mrs. George Vallee, Straffordville, Ont.

JUMBO CAKE.—2 cups bread dough, 2 cups sugar, 1 cup butter, 4 eggs, 1 teaspoon each cloves, cinnamon and allspice, 1 teaspoon soda dissolved in water, 1 pound raisins well flavored. Cream butter and sugar, add beaten yolks of eggs, then spices; mix with bread dough, add raisins and well-beaten whites of eggs, then soda. Bake in a slow oven 1½ hours.—Mrs. E. C. Smith, Box 447, Simcoe, Ont.

KELLY ISLAND CAKE.—2 cups sugar, 1 cup butter, 1 cup milk, 4 eggs, 3 teaspoons baking powder. Bake in layer cake tins. Half quantities make a very good-sized cake. Filling.—Stir together 1 grated lemon, 1 grated apple (sour), add a cup of sugar. Boil 4 minutes. —Amy E. Martin, Forestville, Ont.

KING EDWARD CAKE.—½ cup butter, 1 cup brown sugar, 2 eggs, 1 teaspoon cinnamon, ½ teaspoon nutmeg, 1 large tablespoon molasses, 1 large cup seeded raisins, ½ cup very sour milk, 1 teaspoon soda, 2 small cups flour. Walnuts chopped fine and put between cake in layers and in the icing.—Mrs. W. M. Palmer, Claremont, Ont.

2.—2 eggs well beaten, ½ cup stoned raisins, ½ cup currants, ½ cup melted butter, 1 teaspoon allspice, 1 teaspoon cinnamon, 1 cup sour cream, 1 heaping teaspoon soda stirred in the cream, 1 cup or more flour. Make as a layer cake.—Minnie Gilpin, Thornton, Ont.

KLONDIKE CAKE.—½ cup butter, 1 cup sugar, 2 eggs, ½ cup molasses, 1 teaspoon cinnamon, ½ cup sour milk, 1 teaspoon soda, 2 cups flour.—Miss Mabel Patterson, Churchill P.O., Ont.

2.—1 cup flour, 1 teaspoon baking powder, 1 tablespoon brown sugar, 2 teaspoons dripping, little nutmeg, 3 tablespoons currants, 1 egg beaten in ⅜ cup cold water. Mix very lightly with a pinch of salt.—Bessie Cole, Keswick, Ont.

LADIES' FINGERS.—1 egg, 1 cup sugar, ½ cup butter, ¼ cup sweet milk, 2 cups flour, 2 teaspoons baking powder, 1 teaspoon vanilla. Beat the butter, sugar and egg until very light, add vanilla and milk, last the baking powder and flour sifted together. Roll with the hands and bake in a quick oven.—Mrs. Thos. Sharpe, Glen Morris, Ont.

LAYER CAKE.—1 cup white sugar, ½ cup sweet milk, ½ cup butter, 3 eggs, 2 cups flour, 2 teaspoons baking powder. Cream sugar and butter, add eggs well beaten, and last, milk and flour sifted with the baking powder. Bake in 3 layers and put together with lemon filling or icing, ice top and side.—Kate Bachert, R.R. No. 1, Petersburg, Ont.

2.—1 egg, 1 cup sugar, 1 tablespoon shortening, 1 cup sweet milk, 2 cups flour, 2 teaspoons baking powder. —Mrs. L. B. Myers, Lynn Valley, Ont.

BANANA LAYER CAKE.—1 cup sugar, 1 egg, a small tablespoon butter, ½ cup sweet milk, 1½ cups flour, 1½ teaspoons baking powder. Slice bananas thin, sprinkle granulated sugar over them and put between layers.—Mrs. Geo. Johnson, Burtch, Ont.

CHOCOLATE LAYER CAKE.—2 eggs, 1½ cups white sugar, ½ cup butter, ½ cup chocolate, 1 cup buttermilk, 1 teaspoon soda, 1 teaspoon vanilla, 2 cups flour. Bake in 2 tins and ice with white icing.—Mrs. Ben Johnston, Islington, Ont.

COCOANUT LAYER CAKE.—1 cup white or yellow sugar, 2 tablespoons butter, 3 tablespoons sweet cream, 3 eggs well beaten, 1½ cups flour, 2 teaspoons baking powder. Make into 3 layers and put ¼ teaspoon fruit color in centre layer. Filling.—Boil ¾ cup sweet milk, thicken with 2 tablespoons cornstarch dissolved in cold

milk, add ½ cup sugar; when cool, add yolk of 1 egg. For top of cake, beat white of 1 egg, boil ½ cup white sugar dissolved in a little water a few minutes, stir these two together, add ½ cup cocoanut.—Mrs. Wilbert Capling, Boston, Ont.

CREAM LAYER CAKE.—2 eggs, 1 cup white sugar, 1 cup cream, 2 cups flour, 1 teaspoon soda, 2 teaspoons cream tartar, a little salt. Cocoanut Cream Filling.—2 cups milk, ½ cup sugar, 2 tablespoons flour, 1 egg, ½ cup cocoanut (if desiccated) soaked in hot milk.—Mrs. Watson H. Miner, Gaspereau, King's Co., N.S.

SWEET CREAM LAYER CAKE.—2 eggs broken in cup, fill the cup with sweet cream and beat till light; 1 cup sugar, 1½ cups flour, 2 teaspoons baking powder, flavoring and a pinch of salt.—Mrs. Sol. Knechtel, care of Berlet's Cor., Wellesley, Ont.

DARK LAYER CAKE.—½ cup butter, 1 cup brown sugar, 2 eggs, ½ cup blackstrap, ½ cup sour milk, 1 teaspoon soda dissolved in milk, ½ teaspoon cinnamon and cloves and vanilla, 1 cup raisins stoned, flour to stiffen. Bake about 15 minutes in a moderate oven.—Mrs. Nixon Scharf, Cumming's Bridge, Ont.

2.—2 eggs, ½ cup butter, 1 cup sugar, 1 cup raisins, 1 cup sour milk, 2 cups flour, 1 teaspoon soda, 2 tablespoons syrup, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon nutmeg.—Mrs. W. J. Stevenson, Box 620, Oshawa, Ont.

3.—Yolks of 2 eggs, ½ cup sugar, ½ cup molasses, ½ cup sour milk with 1 teaspoon soda dissolved in the milk, 1¼ cups sifted flour, a pinch of salt, 2 tablespoons cocoa or chocolate. Bake in layers and put together with white filling and frost with chocolate.—Mrs. Robert Halliday, Box 5, Sawyerville, Que.

DARK LAYER CAKE WITHOUT EGGS.—1 cup molasses, ½ cup brown sugar, 1 large tablespoon shortening, ½ teaspoon cinnamon and ginger, 1 teaspoon cream tartar, salt, 2½ cups flour, 1 teaspoon soda dissolved in 1 cup boiling water.—Mrs. F. A. Pratton, Nantiocke, Ont.

Cowan's Perfection Cocoa makes sturdy children

DARK AND LIGHT LAYER CAKE.—1 cup butter, 2 cups sugar, 3½ cups flour, ½ cup sweet milk, whites of 4 eggs, ½ teaspoon soda, 1 teaspoon cream tartar. Take ½ this mixture, add to it ½ cup molasses, cloves, cinnamon and spices to taste, ½ cup raisins, ½ cup flour, 3 tablespoons sweet milk.—Miss F. Raymond, Springford, Ont.

FRUIT LAYER CAKE.—2 eggs, 1 cup sugar, 1 cup sour cream, 1½ teaspoons ground cloves and cinnamon, butter the size of an egg, 1 cup chopped raisins, 4 tablespoons molasses, 2½ cups flour, 1 teaspoon soda. Bake in 3 layers.—Mrs. Jacob M. Cline, Mapleton, Ont.

2.—3 eggs, 1 cup brown sugar, ¾ cup butter, ½ cup sour milk, 2 cups chopped dates, ½ teaspoon cloves, ½ teaspoon cinnamon, 1 teaspoon soda, 2 cups flour.—Miss Tena McCallum, Amulree, Ont.

MOLASSES LAYER CAKE.—1 cup sugar and ½ cup molasses, scant ½ cup butter, ½ cup sour milk, 2 cups flour, 1 teaspoon soda, 1 teaspoon cinnamon, 3 eggs; save whites of 2 eggs for frosting; 1 cup seeded and chopped raisins. Put 1 cup sugar on the stove to boil, beat the whites of eggs and stir with the raisins in the syrup for filling.—Mrs. P. Robertson, Barrow Bay, Ont.

NUT LAYER CAKE.—2 eggs, 1 cup white sugar, ½ cup butter, ½ cup weak milk, 1½ cups flour, 2 teaspoons baking powder, 1 large cup chopped nuts (any kind). Cream eggs, sugar and butter, then milk and baking powder mixed in flour, then the chopped nuts.—Mary McLeod, Hawkestone, Ont.

NUT AND SPICE LAYER CAKE.—2 eggs, 1 cup sugar, ½ cup butter (scant), ½ cup molasses into which put 1 small teaspoon soda, stir till light; ½ cup cold water, ½ teaspoon each of cinnamon and cloves, enough flour to make a little stiffer than an ordinary layer cake. Filling.—1 cup raisins chopped, 1 cup sugar, a few chopped walnuts, white of 1 egg beaten, moisten sugar with a little water and boil until it strings, then add

nuts and raisins, lastly beaten white of egg. Beat until creamy and spread between layers and on top.—Mrs. S. Macklin, Box 325, Weston, Ont.

ORANGE LAYER CAKE.—⅔ cup sugar, 2 eggs, butter size of an egg, 4 tablespoons milk, 1 cup flour, 2 teaspoons baking powder. Filling.—1 cup sugar, 1 cup boiling water, 1 egg, 1 orange, little piece butter, cornstarch to thicken.—Mrs. James Baird, Boston, Ont.

POOR MAN'S LAYER CAKE.—2 eggs well beaten, 3 tablespoons yellow sugar, 1 scant cup molasses, butter or lard size of an egg, 2 cups flour measured before sifting. Mix well, then add 1 cup boiling water into which has been dissolved 1 teaspoon baking soda. Bake in layers. Frosting.—1 cup yellow sugar, 1 tablespoon molasses, a little water; boil till it threads.—Mrs. W. Fansher, Box 99, Aylmer West, Ont.

RAISIN LAYER CAKE.—3 eggs, 1 cup sugar, ½ cup butter, ½ cup sour milk, 1 teaspoon soda, 2 cups chopped raisins, ½ cup flour, ½ teaspoon cloves, ½ teaspoon cinnamon.—Florrie Fry, Nobleton, Ont.

2.—2 cups chopped raisins, 1 cup brown sugar, ½ cup butter, ½ cup sour milk, 2 eggs, 1½ cups flour, 1 teaspoon soda, spice to taste.—Mrs. F. L. Cole, Markham, Ont.

SANDWICH LAYER CAKE.—1 cup citron shaved thin, 1 cup any kind of nuts, 1 cup raisins chopped; sift over fruit ½ cup flour, ½ cup sugar, ¾ cup flour, butter size of an egg, yolks of 3 eggs, ¼ cup milk, ½ teaspoon baking powder; add this to the fruit and bake in layers.—Mrs. Chas. Eager, Presque Isle, Ont.

SMALL LAYER CAKE.—1 cup sugar, ⅓ cup butter, 2 eggs, ½ cup milk, 2 teaspoons baking powder in 2 cups flour.—Mrs. A. Hutchison, Mt. Forest, Ont.

SPICED LAYER CAKE.—3 eggs (save whites of 2 for icing), ¾ cup white sugar, ¼ pound butter, ¾ cup sour milk, 2 tablespoons syrup, 1 nutmeg, 1 teaspoon cinnamon, 1 teaspoon allspice, 1 teaspoon soda well

WHITE SWAN BAKING POWDER the finest medium-priced baking powder on the market

mixed in flour enough to stiffen, 1 cup seeded raisins. Beat well and bake in two layers. Icing.—1 cup white sugar boiled in 2 tablespoons water till stringy, whites of 2 eggs well beaten, add all together and beat well, flavor with vanilla.—Mrs. G. W. Binnie, Craighurst, Ont.

2.—¾ cup butter, 2 cups sugar, 1 cup water, 4 eggs, 3 cups flour, ½ teaspoon cinnamon, 1 nutmeg, 1½ teaspoons cloves, 3 teaspoons baking powder. Bake in layers, spread with icing.—Mrs. Wm. Stone, Phelpston, Ont.

SURPRISE LAYER CAKE.—3 eggs, beat 1 minute, 1½ cups white sugar, beat 5 minutes, 1 cup flour, beat 1 minute, ½ cup water, flavor to taste; 1 cup flour and 2 teaspoons baking powder. This also makes a nice cake to bake it in a cake pan and ice with icing sugar, moistened with milk and flavored to suit, and lay on shelled walnuts so you can cut in square pieces.—Mrs. Ed. Gibson, Claremont, Ont.

WHITE LAYER CAKE.—1 egg, 1 cup sugar, 1 tablespoon butter, 1 cup milk, 2½ cups flour, ¼ teaspoon salt, 2 teaspoons baking powder. Mix flour, salt and baking powder, cream butter, add ¼ of sugar and beat; add beaten egg and remainder of sugar and beat 4 minutes; add alternately flour and milk, beating well; add vanilla and bake in quick oven.—Maggie Cryderman, R.R. 1, Thamesville, Ont.

WHITE LAYER CAKE WITHOUT EGGS.—1½ cups granulated sugar, ½ cup shortening, 1½ cups sweet milk, 3 cups flour, 3 teaspoons baking powder. Bake in 3 layers. Lemon Honey Filling.—Juice and grated rind of 1 lemon, 1 cup granulated sugar, 1 egg and yolk of another, 1 tablespoon butter. Beat well and cook in double boiler until transparent. When cool spread between layers of white cake. This makes a delicious cake.—Mrs. J. B. Service, Salford, Ont.

LAYER CAKE WITHOUT EGGS.—Cream together 1 cup sugar, butter size of an egg, add 1 cup milk and 1 teaspoon lemon, 3 teaspoons baking powder, sifted in 3 scant cups flour.—Mrs. R. Lotton, Markham, Ont.

LAYER CAKE WITHOUT SHORTENING.—2 eggs, 1 cup granulated sugar, 1 cup flour, 2 teaspoons baking powder. Beat all together well, then add ½ cup boiling sweet milk.—Miss Lulu M. Gregg, Salford, Ont.

LEMON BISCUITS.—2 cups granulated sugar, 2 cups sweet milk, 1 cup lard, ½ of 5c. worth oil of lemon, ½ of 5c. worth baking ammonia. Cross with a fork, sprinkle with sugar, bake on bottom of tin, roll a little thicker than pie crust.—Mrs. Wm. McIdor, Franconia, Ont.

2.—2½ cups white sugar, 2 eggs, 1 cup butter, 1 cup lard, 1 cup sweet milk, 5 cents' worth baking ammonia, 5 cents' worth of oil of lemon, and dissolve the ammonia with hot water.—Mrs. Lloyd Livingstone, Minesing, Ont.

LEMON CAKE.—1 tablespoon butter, 1 tablespoon of lard, ½ cup white sugar, 1 egg, a little grated rind of lemon, ¾ cup sweet milk, ½ cup currants, flour enough to make a stiff batter and a teaspoon baking powder.—Mrs. H. J. Dennis, R.M.D. 1, Oshawa, Ont.

LEMON CHEESE CAKES.—Mix 1 cup sugar with butter the size of an egg, add 1 well-beaten egg, juice and grated rind of 1 lemon, 1 cup currants, ¼ cup sweet milk. Line tart pans with rich paste, put a spoonful of mixture in each and bake.—Mrs. C. A. Young, Richards Landing, Ont.

LEMON OR ORANGE FILLING FOR A CAKE.—1 orange or lemon grated, 1 egg beaten well, ½ to 1 cup sugar according to taste. Put the lemon in dish, set in a pot of boiling water; when nearly boiling, pour in the beaten egg and sugar, let it boil until nicely thickened; spread between layers of cake.—Miss Jennie Boulding, Arthur, Ont.

LEMON PEEL CAKE.—3 eggs, ½ cup butter, 1 cup sugar, 1 cup sweet cream and milk, 1 cup lemon peel cut fine, 2 teaspoons baking powder, 2½ cups flour.—Mrs. Wm. N. Ego, Virginia, Ont.

Cowan's Cake Icings are prepared ready for use

LEOPARD CAKE.—White Part.—Whites of 5 eggs, ½ cup butter, 3 cups granulated sugar, 2 cups white flour, 1 cup sweet milk, 2 teaspoons baking powder, vanilla flavoring. Dark Part.—1 cup brown sugar, ¼ cup butter, ½ cup sweet milk, ½ cup molasses, 2 cups flour, 1 egg, ½ teaspoon soda, spices to taste. Put in the pan by spoonfuls.—MRS. C. D. SPRY, Easton's Corners, Ont.

LIGHT CAKE.—3 eggs, 1 cup sugar, 1 cup flour, ½ teaspoon soda, 1 teaspoon cream tartar; dissolve soda in water, cream tartar in flour.—MRS. FRANK SHELSWELL, Hawkestone, Ont.

LIGHTNING CAKE.—Butter size of an egg, 2 eggs, 1 cup milk, 1 cup sugar, vanilla.—MABEL INGRAM, Aylmer, Ont.

LOVE CAKE.—1 cup sugar, ¾ cup butter, 2 eggs, 1 cup sweet milk, 3 teaspoons baking powder, 2½ cups flour. Take out for two layers, add to third layer ½ teaspoon cinnamon, ¼ teaspoon cloves, 1 cup raisins, and put third layer between an icing.—MRS. URNESS, Saskatoon, Sask.

LOVE KNOTS.—1 egg, 4 tablespoons sweet cream, 2 tablespoons sugar, a pinch salt, flour to knead very hard. Roll out, cut in strips, tie each one in two knots and lay in hot lard; sprinkle with white sugar while hot.—MRS. J. S. HOLDEN, Mount Joy, Ont.

LOAF CAKE.—½ cup butter, 1¼ cups sugar, 1 cup apple sauce, 1 cup dates chopped, 1 cup currants, 1 teaspoon cinnamon, ½ teaspoon cloves, 1 teaspoon soda, 2¼ cups flour.—MRS. D. E. THOMSON, Ardtrea, Ont.

LUNCH CAKE.—1 tablespoon butter, 1 cup sugar, 2 cups flour, 1 cup raisins, 1 teaspoon saleratus dissolved in 1 cup sour milk.—MRS. WM. GIBBINS, Maple P.O., Ont.

ALMOND MACAROONS.—Blanch and pound fine 6 ounces sweet almonds; mix in a large bowl the whites of 2 eggs and 12 ounces powdered sugar and beat with

a wooden spoon for 5 minutes; drop through pastry tube in pieces about the size of a quarter on sheets of buttered paper, in baking pans. Bake in a slow oven until cakes are golden brown.—Mrs. T. W. Phelps, Boston, Ont.

CEREAL MACAROONS.—White of 1 egg, ¼ cup granulated sugar, 5 tablespoons wheat, 1 teaspoon vanilla. Beat white until stiff, add gradually the sugar, add wheat, then vanilla; beat constantly. Drop on buttered sheet. Bake 12 to 15 minutes in slow oven. —Mrs. John Woods, Richmond Hill, Ont.

COCOANUT MACAROONS.—Whites of 2 eggs beaten stiff, 1 cup sugar, beat in with whites; set in boiling water, add 1½ teaspoons cornstarch. Stir briskly until crust begins to form, take out, add 1½ cups cocoanut, ½ teaspoon pineapple flavoring. Have pan with buttered paper and drop in a teaspoon of the mixture. Bake 15 minutes in a moderate oven.—Mr. F. M. Collins, Radisson, Sask.

2.—Beat stiff the whites of 3 eggs and mix with 1 cup granulated sugar and 2 teaspoons cornstarch, cook in a double boiler, then stir in cocoanut till very thick; add 1 teaspoon of vanilla and drop in spoonfuls on a pan; bake in a moderate oven. Rolled oats may be used instead of cocoanut.—Mrs. N. Harris, Merton, Ont.

NUT MACAROONS.—1 cup chopped nut meats, 1 cup sugar, 3 whites, ½ cup fine cracker crumbs, vanilla or almond flavoring; beat eggs very light, add sugar gradually, fold in nuts and vanilla and crumbs; if eggs are large, add more crumbs. Drop on unbuttered paper and bake in a moderate oven.—Mrs. John Woods, Richmond Hill, Ont.

OATMEAL MACAROONS.—¾ cup brown sugar, ¼ teaspoon salt, 4 tablespoons butter, 1½ cups flour, 3 eggs, 3½ cups oatmeal or rolled oats, 4 teaspoons baking powder; cream butter and sugar, add eggs and beat; sift in flour, salt and baking powder and beat; stir in

rolled oats. Drop from teaspoon on greased pan and bake in hot oven till brown.—Miss M. Wilson, Oakville, Ont.

2.—2 cups oatmeal, 1 cup flour, 1 cup sugar, ½ cup milk, 2 eggs, salt, 1 tablespoon butter, 1 tablespoon vanilla, 2 teaspoons baking powder; beat whites of eggs to a stiff froth, then drop from a teaspoon on a buttered tin; bake in a quick oven. Good.—Gertrude Howe, Merlin, Ont.

SWEDISH MACAROONS.—12 ounces shredded almonds, 4 ounces ground almonds, 4 ounces cornstarch, 1 pound sugar, 2 whole eggs, grated rind of 2 oranges; pass sugar and cornstarch through sieve twice; add almonds, rind and eggs beaten light, without separating. With buttered hands shape mixture into balls the size of walnuts; bake in slow oven on tins covered with waxed or oiled paper.—Mrs. John Woods, Richmond Hill, Ont.

MADEIRA CAKE.—1 pound butter, 1½ pounds flour, 1 pound castor sugar, the grated rind of 1 lemon, 2 ounces candied peel, 5 or 6 eggs. Put the butter and sugar into a clean pan, add the grated rind of 1 lemon and with the hand beat it up to a very light cream; add in the eggs 1 at a time, and beat well after each addition of eggs. When all are in and the batter is very light and creamy, add the flour; stir it in lightly with the hand, and when well mixed, divide the mixture equally into 3 or 4 round tins, papered at the bottoms and sides with buttered white paper; dust sugar over from a dredger or shaker, and lay 2 very thin slices of citron peel on top. Bake in a moderate oven for about 1 or 1¼ hours.—Mrs. G. Jagger, Easton's Corners, Ont.

MARBLE CAKE.—White Part: ¼ cup butter, ¾ cup sugar, ¼ cup sweet milk, whites of 2 eggs, 1 cup flour, 1 teaspoon baking powder. Dark Part: ¼ cup butter, ¾ cup brown sugar, ¼ cup molasses, ¼ cup milk, yolks of 2 eggs, 1¼ cups flour, 1 teaspoon baking powder, cloves, cinnamon and nutmeg to taste. Drop the white and dark in alternate spoonfuls in a loaf tin. —Mrs. W. E. Young, Tillsonburg, Ont.

2.—Light Part: ½ cup butter, 1 cup white sugar, creamed together, whites of 3 eggs, ½ cup sweet milk, 1½ teaspoons baking powder sifted in 2 cups of flour. Dark Part: ½ cup brown sugar, ¼ cup butter creamed together, yolks of 3 eggs, ½ cup molasses, ¼ cup sweet milk, 1 teaspoon cinnamon and allspice, 1½ teaspoons baking powder, 2 cups flour. By putting red sugar in ½ the light part, 3 colors may be had.—Mrs. G. French, Eden, Ont.

3.—White Part: Whites of 4 eggs, 1 cup white sugar, ½ cup butter, ½ cup sweet milk, 2 teaspoons baking powder, 1 teaspoon vanilla or lemon, and 2½ cups sifted flour. Dark Part: Yolks of 4 eggs, 1 cup brown sugar, ½ cup molasses, ½ cup butter, ½ cup sour milk, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon mace, 1 nutmeg, 1 teaspoon soda, and 1½ cups sifted flour. Put it in the cake dish alternately, first one part and then the other.—Mrs. Samuel Smith, Box 383, Dunnville, Ont.

4.—Light Part: 1½ cups white sugar, ½ cup butter, ½ cup sweet milk, ½ teaspoon soda, 1 teaspoon cream tartar, whites of 4 eggs, 2½ cups flour, beat and mix. Dark Part: 1 cup brown sugar, ½ cup molasses, ½ cup butter, ½ cup sour milk, ½ teaspoon soda, 1 teaspoon cream tartar, 2½ cups flour, yolks of 4 eggs, ½ tablespoon each of cloves, allspice, cinnamon and ground nutmeg. Directions: When each part is ready, drop a spoon of dark, then a spoon of light, over the bottom of the pan, in which it is to be baked and so proceed to fill up the pan, dropping the light upon the dark as you continue with the different layers.—Miss Mary Caldwell, Milberta, New Ont.

ALABAMA MARBLE CAKE.—1 cup butter, 2 cups white sugar, 3 cups flour, 4 eggs, 1 cup sweet milk, 2 teaspoons baking powder. When cake is mixed take out 1 soup plateful of batter and stir into it 2 heaping tablespoons grated chocolate, which should be grated before you begin to make the cake. Fill your cake mould about 2 inches deep with first batter, and drop in

WHITE SWAN YEAST CAKES expel disappointments

3 or 4 places, a spoonful at a time, of the chocolate, and so on until all is used.—Mrs. F. W. Story, Stonewall, Manitoba.

CHEAP MARBLE CAKE.—1 egg, 1 cup sugar and milk, 2½ cups flour sifted with 3 teaspoons baking powder, 1 cup lard or butter. Take ½ the mixture, add 2 tablespoons dark molasses and 2 of chocolate, spice to taste. Pour light and dark at one time in cake pan; bake in moderate oven. Economical and good. —Mrs. M. Dixon, Port Wood, Queen's Co., P.E.I.

CHOCOLATE MARBLE CAKE.—½ cup butter and 1 cup sugar beaten to a cream, ½ cup sweet milk, 1½ cups flour, 1 teaspoon baking powder, whites of 4 eggs, added last. Take ⅓ of mixture and add 5 tablespoons of grated Cowan's Chocolate, wet with milk and flavored with vanilla. Drop in a pan in alternate spoonfuls, bake and ice with chocolate icing made with pulverized sugar and grated chocolate.—Mrs. M. E. Maybee, Trenton, Ont.

MARGUERITE CAKE.—2 eggs, 1 cup brown sugar, ¼ cup butter, ½ cup buttermilk, ½ cup molasses, ½ teaspoon each allspice, cinnamon and cloves, 1 teaspoon baking soda, 2 cups flour. Bake in 2 layers.

Filling and Icing.—1 cup granulated sugar, ¼ teaspoon butter, water to moisten; boil it till it strings, then add 1 cup seeded raisins cut up fine, partly cool, then spread some between the layers, and put the rest on the top of cake.—Mrs. Ed. Gibson, Claremont, Ont.

MEASURE CAKE.—1½ cups flour, 1 cup butter, beaten together to a cream with the hands; 1½ cups sugar, 1 cup of eggs, 3 also beaten together with a few drops of flavoring.—Mrs. H. S. Barse, New Germany, N.S.

MICHIGAN CAKE.—3 eggs, 3 cups granulated sugar, 1 cup butter, 1 cup sour milk, 4 cups sifted flour, 1 teaspoon soda, 2 teaspoons baking powder; beat eggs, butter and sugar together until light, then add milk and flour; put baking powder and soda in

flour, beat all for five minutes, divide in three parts; in one put ½ cup currants, 1 tablespoon syrup, and ½ teaspoon allspice or cinnamon for centre layer.—Mrs. David Fraser, Randwick P.O., Ont.

2.—½ cup black molasses, ½ cup brown sugar, 2 eggs, leave out one white, 1 tablespoon butter, 1 teaspoon soda, 1½ cups flour, ½ cup hot water. Bake in two layers. Filling—1½ cups white sugar, a little water, boil till it hairs, ¾ cup raisins chopped fine; beat the white while syrup boils, put the raisins in the syrup and stir well before putting in the egg. Spread between and on top of the cake.—Mrs. Menno Smith, Edgeley, Ont.

MINSTER CAKE.—1 cup brown sugar, ½ cup butter, ¼ cup sour milk, 1½ cups flour, ¼ cup boiling water, 1 tablespoon grated chocolate, 1 teaspoon vanilla, 1 egg, 1 teaspoon soda. Bake 30 minutes in pan with funnel.—Mrs. John McLeod, Kars P.O., Ont.

MINNIE HA HA CAKE.—1 cup sugar, 1 egg, 1 cup milk or water, piece butter size of an egg, 2 cups flour, 2 teaspoons cream tartar mixed in flour, 1 teaspoon soda mixed in milk, a little salt.

Icing for Ha Ha.—1½ cups sugar, 1 cup raisins, white of an egg. Beat to a stiff froth.—Miss Jean Campbell, South Mountain, Ont.

2.—Yolk of 1 egg, ¾ cup brown sugar, 1 tablespoon butter, 1 teaspoon vanilla, ½ cup molasses, ½ cup cold water, 1 teaspoon soda, 1½ cups flour. Dissolve the soda and bake the cake in two layers. Use any filling desired.—Mrs. J. W. Thomson, Walsh, Ont.

MOCAH CAKE.—1 cup sugar, 2 eggs beaten lightly, a little salt, 1 teaspoon vanilla, 1 cup flour, 1 teaspoon baking powder. Last of all add ½ cup scalded milk, 1 teaspoon butter melted in the milk. Filling.—1 cup powdered sugar, ⅓ cup butter creamed, 1 teaspoon vanilla, 2 teaspoons cocoa, 2 teaspoons strong coffee, cream all together.—Mrs. Alex. K. Jackson, Jacksonville, North Sydney, N.S.

An indescribably dainty chocolate confection— Cowan's Maple Buds

2.—½ cup butter, 1 cup sugar, ½ cup milk, 2 eggs, 2 teaspoons baking powder, 2 cups flour. When cold cut in squares and ice on all side with the following icing: 4 ounces butter, 10 ounces icing sugar, 2 tablespoons milk, vanilla to flavor. Cream the butter and sugar, add the vanilla and milk. When cake is cut in squares ice and roll in ½ pound of shelled almonds which have been browned in oven and crushed.—Mrs. W. R. Harvie, Orillia, Ont.

MOLASSES CAKE.—1 cup sugar, ½ cup butter, 2 cups molasses, 1 cup sour milk, 1 teaspoon soda, 1 tablespoon spice, 1 egg. Flour to make a stiff batter. —Mrs. L. W. Mitchell, Utica, Ont.

2.—1 cup butter, 1 cup brown sugar, 1 cup molasses, 1 cup sweet milk, 3 cups flour, 4 eggs, 2 pounds raisins chopped fine, nutmeg. Bake in a slow oven.—Mrs. J. T. Strathearn, Pinedale Farm, Rugby, Ont.

MOLASSES CREAMS.—2 cups molasses, 1 cup brown sugar, 1 cup lard, ½ cup sour cream, 1 teaspoon soda, 2 teaspoons ginger, flour, stir thick, roll out a sheet long enough to fill a pan, bake quickly. Cover with icing made of 1 cup brown sugar, 3 tablespoons water, 1 teaspoon butter, and a few drops vanilla; ice the whole sheet and cut in squares.—Mrs. G. W. Binnie, Craighurst, Ont.

MOLASSES DROP CAKES.—1 cup molasses, ½ cup sugar, ½ cup butter, 2½ cups flour, 2 tablespoons milk, 2 eggs, 1 cup chopped raisins or currants, 1 teaspoon soda, mixed spice.—Mrs. G. H. Bridges, Maugerville, N.B.

MOLASSES LAYER CAKE.—1 tablespoon butter, ¾ cup brown sugar, yolk 1 egg, ½ cup molasses, ½ cup cold water, 1 teaspoon vanilla, 1½ cups flour in which has been sifted 1 teaspoon soda. Bake in two layers in a moderate oven.

For Icing.—Beat white of egg to a stiff froth. Take 1 cup granulated sugar, add 3 tablespoons water, and boil till it threads, then pour into the beaten white of

the egg, stir till it is cool enough to spread. Put between layers and on top. Chopped raisins or chopped nuts may be added to icing if desired.—Mrs. Roy Saunders, St. Thomas, Ont.

2.—1 cup brown sugar, ½ cup butter, ½ cup molasses, ½ cup sour milk, 1 teaspoon soda, 1 teaspoon cinnamon, 2 cups flour, 3 eggs, save whites of 2 for filling. Bake in 2 layers. Filling for Cake—Put 1 cupful granulated sugar on to boil, let boil to a thick syrup, then add the beaten whites of 2 eggs with a cup of chopped raisins. Stir until right thickness to spread on cake. Put between layers as well as on top. Mrs. R. A. Hamilton, Roche's Point, Ont.

SOFT MOLASSES CAKE.—½ cup butter, ½ cup warm water, 1 cup molasses, 2½ cups flour, 1 teaspoon soda, 1 egg, pinch salt, juice of 1 lemon and grated rind, bake in a loaf. The lemon may be omitted and a good tablespoon vinegar used instead.—Mrs. A. B. Wilson, Wilsonville, Ont.

MOUNTAIN CAKE.—1 cup sugar, ½ cup butter, ½ cup milk, 2 eggs, 2 cups flour, 2 teaspoons baking powder, 1 teaspoon lemon extract.—Mrs. Roy Hodgson, Glen Meyer, Ont.

NANCY HANK'S CAKE.—1½ cups white sugar, ½ cup butter, ½ cup flour, ½ cup milk and 3 eggs mixed together; then add 1½ cups flour, 2 teaspoons baking powder. Boil 4 tablespoons chocolate, 4 tablespoons milk. Cool before adding to cake.—Gladys Tweedie, Toledo, Ont.

NEW YEAR'S CAKE.—½ cup butter, 1 cup sugar, ½ cup sweet milk, 2 eggs, 1½ cups flour, 2 cups raisins, ½ pound walnuts, 2 teaspoons baking powder; beat sugar and butter together, then add the milk, then eggs well beaten. Bake in moderate oven.—Mrs. F. J. Reesor, Altona, Ont.

NUT CAKE.—2 cups sugar, 1 cup butter, 1 cup milk, 3 eggs, 3 cups flour, 2 teaspoons baking powder, 1 cup nuts.—Mrs. L. S. Kay, Zephyr, Ont.

2.—2 eggs, ½ cup cream, ½ cup white sugar, 1 cup flour, ½ cup chopped nuts, 2 teaspoons baking powder, a little salt, flavoring.—Mrs. J. T. Watson, Nelson P.O., Ont.

NUT BREAD.—4 scant cups flour, 4 heaping teaspoons baking powder, 1 cup white sugar, 1½ cups sweet milk, generous pinch salt, 1 cup chopped walnuts. Sift flour and powder 3 times, mix well with sugar, nuts and salt, add milk, stirring all together quickly. Put in a well-greased pan and let rise 20 minutes. Bake in a moderate oven ¾ hr. This bread is very nice with a cup of chopped raisins in place of walnuts, or with ½ cup of each.

NUT CHEESE CAKES.—Mix ground nuts, almonds, brazils and walnuts, with the beaten yolks of 2 eggs and a little cream; sweeten slightly, and pour into shells of puff or good short pastry, and bake in a quick oven. —Miss Tena Skinner, Rutherford P.O., Ont.

NUT DROP CAKES.—3 eggs, 1½ cups granulated sugar, 1 cup butter, 1 pound dates chopped, ¼ pound almond nuts chopped, not too fine, 1 small dessertspoon soda dissolved in a little warm water, 2½ teaspoons cream tartar, 3 cups flour. Drop on a buttered pan in pieces larger than a walnut; do not allow them to touch in pan or they will spread out rather than rise high. Batter should be quite stiff. It is best to try one to see, as often more flour is needed than is mentioned in recipe.—Miss Orpha N. Jeffrey, Jarvis, Ontario.

HICKORY NUT CAKE.—3 eggs, leave out white of 1, 1 cup sugar (flavor if desired), butter size of an egg, 1½ cups flour, 2 teaspoons baking powder, 1 cup nut meats, a little sweet milk; beat eggs, add sugar and butter; beat together well, add flour, in which sift baking powder; add enough sweet milk to make rather thin batter, lastly add part of nuts chopped. Bake in layers. Put together with remaining white of egg

beaten with granulated sugar till stiff, and cover with halved nuts.—Mrs. Chas. Johnson, Box 306, Blenheim, Ont.

NUT LOAF.—2 cups Graham flour, 2 cups white flour, 2 cups sour milk, 1 cup chopped nuts, ½ cup brown sugar, ¼ cup molasses, 1 teaspoon soda dissolved in sour milk, ½ teaspoon salt.—Mrs. Thos. Elliot, R.M.D., Milton, Ont.

2.—1 egg, 1 cup sweet milk, 2 cups flour, 2 teaspoons baking powder, ½ teaspoon salt, ½ cup brown sugar, ½ cup chopped walnuts, 6 dates.—Mrs. Ormerod, Amber, Ont.

PEANUT CAKE.—4 tablespoons butter, 1 cup sugar, 1 egg, 1½ cups flour, 1½ teaspoons baking powder, ½ cup milk. Cream together the butter and sugar, add the beaten yolk of the egg, put in half the flour, then the milk, then the rest of the flour. The flour and baking powder should be sifted together twice. Lastly fold in 1 cup of finely chopped peanuts and the stiffly beaten white of the egg. Bake in a loaf.—Martha Morrison, Acton's Corners, Ont.

OATMEAL CAKE.—2 eggs, ½ cup butter, 2 cups sugar, 1 teaspoon soda in 1 cup boiling water, 1 cup flour, 2 cups oatmeal, 1 teaspoon nutmeg, cloves, cinnamon. Bake in a slow oven.—Miss B. M. Culver, Simcoe, Ont.

2.—3 eggs, 1½ cups brown sugar, 2 cups oatmeal, ½ cup butter, 1 teaspoon soda, fill cup with boiling water, 1 heaping cup sifted flour, 1¼ teaspoons baking powder in flour.—Mrs. O. McKenney, Ostrander, Ont.

OATMEAL CAKES.—2 eggs, 1 cup sugar, 1 cup lard, 4 tablespoons sour milk, ¾ teaspoon soda, 1 teaspoon salt, 2 teaspoons cinnamon, 1 cup seeded and chopped raisins, 2 cups flour, 2 cups oatmeal. Drop on buttered tins (tart tins).—Jessie L. Barkey, Mongolia, Ont.

WHITE SWAN BAKING POWDER never did contain alum

2.—2½ cups oatmeal, 2½ cups flour, 1½ cups raisins, 2 cups white sugar, 1 cup lard, 2 eggs, 3 tablespoons buttermilk, 1 teaspoon soda, a little salt.—Mrs. Nelson Wagg, Claremont, Ont.

OATMEAL CAKES WITHOUT EGGS.—2½ cups rolled oats, ½ cup flour, 1 cup granulated sugar, 2 tablespoons lard, 1 cup molasses, ¼ cup milk, 1 teaspoon cinnamon, ½ teaspoon ginger, 1 teaspoon soda, pinch of salt. Mix all well together and drop on buttered pan, and bake in a moderate oven.—Mrs. L. Selby, care of J. G. Borland, Claremont, Ont.

OATMEAL DROP CAKES.—3 cups oatmeal, 2 cups flour, 2 cups brown sugar, 1 cup raisins, 1 teaspoon cinnamon. Mix those together dry and add 1 cup melted butter, 2 eggs well beaten, 1 teaspoon soda, 5 teaspoons sour milk. Drop in small pieces on a pan and bake in a hot oven.—Mrs. Hugh McKenzie, Box 126, Watford, Ont.

2.—1 cup sugar, ⅔ cup butter and lard mixed, 2 eggs, 1 big cup sour milk, 1 teaspoon soda (dissolved), 1 teaspoon cinnamon, 1 cup raisins or dates, 1 cup nuts, 1 pinch salt, 2 cups flour, 3 cups oatmeal. Drop by teaspoons on buttered tins.—Mrs. W. Boughner, Orwell, Ont.

OATMEAL BREAD.—2 cups rolled oats put to soak in 1 quart hot water (at noon), let stand until night; add ⅔ cup molasses, salt, yeast cake, 1 quart flour. This makes 2 loaves.

OATMEAL HAGGIS.—2 cups granulated oatmeal, 1 cup flour, 1 level teaspoon of black pepper, 1 level tablespoon salt, 1 cup suet, 2 medium-sized onions; mix thoroughly and put in cloth and tie up; leave a little room to swell, boil 2 hours.—M. Schweitzerhof, Galt, Ont.

OATMEAL KISSES.—1 cup shortening, 1 cup sugar, 1 cup sour milk, 3 cups oatmeal, 2 cups flour, 1 teaspoon soda, 1 teaspoon cream tartar. Cut in small cookies; put together with honey or jam.—Mrs. Geo. Dean, Kindersley, Sask.

OATMEAL PARKINS.—1 cup oatmeal, 1½ cups flour, 1 teaspoon soda, ½ cup butter, ½ cup sugar, ⅔ cup molasses, ½ teaspoon each of cinnamon, allspice and nutmeg, 1 teaspoon vanilla. Just before final mixing break 1 egg in the mixture and stir whole together and drop in buttered tins.—C. FRED FAWCETT, Upper Sackville, N.B.

OATMEAL ROCKS.—2 cups flour, 2 cups oatmeal, 1 teaspoon salt, 1½ cups sugar, 2 eggs, 1 teaspoon cinnamon, 1 cup chopped raisins.—MRS. JAS. GOODIN, Spencerville, Ont.

OATMEAL WAFERS.—2 eggs, 1 teaspoon butter, 1 cup granulated sugar, 2 cups rolled oats; mix 1 teaspoon baking powder in 1 teaspoon of flour, drop in small quantities on greased pan.—MRS. DAVID YOUNG, Caledonia, Ont.

2.—2 cups flour, 3 cups oatmeal, 1 cup brown sugar, a pinch of salt, 1 small teaspoon soda, ¾ cup butter or lard. Mix to a dough with cold water, cut in squares with a knife. Bake in a hot oven.—MRS. A. G. EMMERTON, Pine River, Ont.

ONE-TWO-THREE-FOUR CAKE.—Cream ½ cup butter with 1 cup granulated sugar, 1½ cups flour, sifted with 1 teaspoon cream tartar; 2 well-beaten eggs, a small cup milk in which is dissolved ½ teaspoon soda, 1 cup raisins, dredged with flour, and lemon extract or grated nutmeg to flavor. This is not a large cake, but very nice.—MRS. A. M. TISDALE, Simcoe, Ont.

ORANGE CAKE.—This is a cake that never fails. Cream ¾ cup butter, add slowly 2 cups sugar and cream together. Sift together 2 teaspoons baking powder with 3 cups flour and a little salt; sift four times. Add 1 tablespoon of the sifted flour to the creamed butter and sugar, then add 4 eggs, 1 at a time unbeaten, adding a tablespoon flour before each egg, and continue adding the flour alternately with 1 cup milk. Flavor with 1 teaspoon orange extract. Bake in a moderate oven until cake shrinks from edge of pan and feels firm. When cool, frost with orange frosting.

For cakes and fancy pastry use **Cowan's Supreme Chocolate**

Orange Frosting.—Mix together 1 yolk of egg, 1 tablespoon water and 1 teaspoon orange extract; add enough confectioner's sugar to make thick enough to spread. This sounds like a good deal of work, but the cake is well worth the labor.—Mrs. George P. Riley, 63 Marsh Road, St. John, N.B.

2.—3 eggs, 1 cup sugar, beaten together to a stiff froth; 2 tablespoons cold water, 2 teaspoons baking powder, 1¼ cups flour. Bake in 2 layers.

Filling for Same.—Take grated rind and inside of 1 orange, 1 egg, 1 cup white sugar, butter size of an egg, 1 heaping tablespoon flour, 1 teacup boiling water. Set it on stove, and let it boil, and let it cool before putting into the cake. This makes a good cake.—Mrs. N. R. Phair, Greenbank, Ont.

ORANGE CREAM CAKE.—2 eggs, 1 cup sugar, ¼ cup butter, 1½ cups flour, ½ cup sweet milk, ½ teaspoon cream tartar, ¼ teaspoon soda, 1 teaspoon orange extract.—Mrs. W. Boughner, Orwell, Ont.

OSWEGO DARK CAKE.—3 eggs, 3 tablespoons butter, 2 cups sugar, 1½ cups sour milk, ½ cup dark molasses, 1 cup raisins, 1 cup currants, ½ cup citron peel, 1 teaspoon soda, ½ teaspoon cloves, ½ teaspoon cinnamon, 3 large cups flour.—Miss Flo. McCallum, Box 95, King, Ont.

PEPPER CAKE.—2 eggs, ⅓ cup butter, ½ cup brown sugar, 1 cup syrup, ⅔ cup sour milk, 1 teaspoon soda, 2 teaspoons cinnamon, ¼ teaspoon black pepper, ½ nutmeg, 1 cup raisins, 2 cups flour.—Mrs. Wm. Ballantyne, Easton's Corners, Ont.

PIE CAKE.—¾ cup brown sugar, ½ cup molasses, ½ cup sour milk, 1 cup currants, butter size of egg, 1 teaspoon ginger, 1 teaspoon all kinds spices, 1 teaspoon soda, 2½ cups flour. Line dish with pie crust, spread bottom with jam or jelly, pour in the cake, then bake and ice with pink icing.—Mrs. Quick, St. Williams, Ont.

PINAFORE CAKE.—2 cups white sugar, 1 cup butter, 1 cup sweet milk, 3 cups flour, ½ teaspoon soda, 1 teaspoon cream tartar, whites 6 eggs, take half and flavor with strawberry extract, flavor the other half with lemon extract. Filling—1 pint milk, yolks 4 eggs, 1 tablespoon cornstarch, flavor with vanilla, sweeten to taste.—Mrs. D. R. Bratin, Whitevale, Ont.

PINEAPPLE CAKE.—3 eggs, ½ cup butter, 1 cup sugar, ½ cup sweet milk, 1½ cups flour, 1½ teaspoons baking powder, ¼ teaspoon vanilla. Bake in layers. For the jelly take ½ grated pineapple, 1 grated lemon, ¾ cup milk, teaspoon cornstarch. Let it come to a boil, or until it thickens.—Mrs. David Galloway, Bealton, Ont.

PLAIN STIRRED CAKE.—1 cup brown sugar, ¾ cup butter, 2 eggs, 1 cup sour milk, 1 teaspoon soda, 1 cup raisins, 1 teaspoon spice; flour to stiffen.—Miss Ida Reicheld, Nelles Corners, Ont.

PLUM CAKE.—1¾ pounds flour, 1 pound sugar, 1 pound butter, ¾ pound currants, ¾ pound sultanas, 10 eggs, ½ pound candied peel, ¼ pound rice flour, ¼ pound split almonds and a little wine. Mix the rice flour with the sugar, a teaspoon baking powder with the flour. Beat the butter and sugar to a cream, add the wine and eggs, gently stir in the flour, then add the rest of the ingredients and bake in tins lined with buttered paper 2 hours.—Miss A. Wade, Brunetta, Alta.

POOR MAN'S CAKE WITHOUT EGGS.—4 tablespoons melted lard and butter, 1 cup brown sugar, 1 cup sour milk, 1 cup raisins, 1 teaspoon soda, 2 cups flour. Nutmeg and cinnamon to taste. Melt the butter and lard together, add the sugar and cream together. Add the milk, flour and raisins and seasoning, then beat to a stiff batter.—Mrs. John Waren, Marsh Hill, Ont.

POOR MAN'S FRUIT CAKE.—1 cup butter, 2 cups brown sugar, 2 cups sour milk, 1 lemon peel, 1 pound raisins, 1 teaspoon soda, flour enough to make a batter

that will soon rise in the centre, and not fall over. Bake in a slow oven 1 hour.—Mrs. Sarah Lloyd, Pottageville P.O., Ont.

PORK CAKE.—(Without butter, milk or eggs.) Fat salt pork, free from lean or rind, chopped so fine as to be almost like lard, 1 pound; pour ½ pint of boiling water on it, 1 pound seeded and chopped raisins, ¼ pound citron shaved into shreds, 2 cups sugar, 1 cup molasses, 1 teaspoon saleratus rubbed fine and put into the molasses and a little salt. Mix these all together and stir in sifted flour to make the consistency of common cake mixture, then add 1 ounce each of nutmeg and cloves finely ground, 2 ounces cinnamon also fine. Be governed about the time of baking it by putting a sliver into it; when nothing adheres, it is done. It should be baked slowly.—Miss Edythe Howitt, Altona, Ont.

Also by Mrs. Earl Cefell, Glenwood, Ont.; and Mrs. J. Wilson Hamilton, Lindsay, Ont.

PRAIRIE CAKE.—1 cup molasses, ½ cup brown sugar, ½ cup melted butter, 1 teaspoon cloves and cinnamon, 2 tablespoons soda in 1 cup boiling water, 2½ cups flour, yolks 4 eggs well beaten and added last. For filling, take 10 tablespoons boiling water and 2 cups sugar, boil until it thickens, and pour over the beaten whites of 4 eggs and 1 cup raisins. Mix and spread over layers and on top.—Mrs. D. McMillan, Brocksden, Ont.

PRINCE ALBERT CAKE.—2 eggs beaten together, ½ cup butter, 1 cup brown sugar, ½ cup sour milk mixed with 1 teaspoon soda, 1 cup seeded raisins, 1½ cups flour, 1 grated nutmeg, 1 teaspoon cinnamon. Bake in 2 jelly tins.

Icing for Above.—¼ pound blanched almonds chopped fine and put in the oven to dry, ½ cup butter slightly warmed, 8 tablespoons icing sugar, 1 tablespoon brandy or cold coffee; mix butter and sugar to paste, add nuts and brandy.—Isabella Grice, Stouffville, Ont.

PRINCE OF WALES CAKE.—Dark Part: 1 cup brown sugar, ½ cup each butter and sour milk, 2 cups flour, 1 cup chopped raisins, 1 teaspoon soda dissolved in warm water, 1 tablespoon molasses, yolks of 3 eggs, 1 teaspoon each of cloves and nutmeg. White Part: 1 cup flour, ½ cup each cornstarch, sweet milk and butter, 1 cup white sugar, 2 teaspoons baking powder. Bake all in four layers; put together with boiled icing.

Boiled Icing.—Boil 1 cup of white sugar in water enough to dissolve it till it will hair, beat the white of 1 egg to a stiff froth, pour the hot sugar on the froth, flavor to suit the taste, beat till cool enough to stay on the cake.—MRS. ALFRED CARTER, Orillia, Ont.

PRINCE CHARLIE CAKE.—2 cups flour, 1 cup white sugar, ¾ cup butter; rub this up like pie paste and keep out 1 cup. To the balance add 1 egg, 1 cup raisins, 1 cup sour cream or sour milk, 1 teaspoon soda, a little spice. Pour the batter in the pan. Pour the cupful saved out on the top of batter; latter serves as icing.—MRS. M. S. MCLEAN, Hopewell, Pictou Co., N.S.

2.—White Part: Whites of 3 eggs, ½ cup cornstarch, ½ cup sweet milk, ½ cup butter, 1 cup granulated sugar, 1 cup flour, 2 teaspoons baking powder; bake in 2 layers. Dark Part: Yolks of 3 eggs, 1 cup brown sugar, ½ cup sour cream, ½ cup butter, 1 teaspoon soda, dissolved in warm water, 1 tablespoon each of molasses, cloves (ground), and nutmeg, 1 cup chopped raisins, 2 cups or enough flour to make a thick batter; bake in 2 layers.—MRS. ANDY O. BUCHANAN, JR., Havelock, Ont.

POUND CAKE.—1 pound sugar, ¾ pound butter well beaten, beat separately to a stiff froth the whites and yolks of eight eggs, 1 pound flour with a heaping teaspoon baking powder well mixed dry, and flavor with nutmeg or mace if wanted. Stir in before baking 4 ounces finely sliced citron and same of almonds blanched.—MISS ZELPHA MARR, Calton, Elgin Co., Ont.

MOCK POUND CAKE.—1 pound sugar, 6 ounces butter, creamed together; 4 eggs, 1 small cup milk, ½

Every tin of WHITE SWAN COFFEE sealed with Government form of warranty

teaspoon soda, 1 teaspoon cream tartar, 1 pound flour, flavoring to suit taste. Bake in moderate oven.—Mrs. Simpson, New Jerusalem, Queen's Co., N.B.

PUFF CAKE.—2 cups white sugar, 3 eggs, ¾ cup butter, 1 cup milk, 3 cups flour, 2 teaspoons baking powder. Bake quickly in loaf.—Mrs. G. H. Rowett, Humber Bay P.O., Ont.

2.—3 eggs (beat whites and yolks separate), ¾ cup white sugar, 2 teaspoons cream tartar, 1 teaspoon baking soda, 1 tablespoon lard, 1 cup sour cream; beat to a stiff batter with flour, then put into well-greased tart tins. Shake a few currants on top of each.—Mrs. Atchison, Jockton P.O., Ont.

STEAM PUFFS.—2 eggs, 2 cups flour, 4 tablespoons sugar, 4 tablespoons melted butter, 1 cup sweet milk, 1 cup chopped raisins, 3 teaspoons baking powder. Steam ½ hour in cups, to be eaten with maple syrup.—Mrs. P. Snooks, Vachell, Ont.

PORK, OR XMAS CAKE.—1 pound raw pork (off back), 1 pound brown sugar, 1 pound raisins, 1 pound currants, ¼ pound citron peel, ¼ pound lemon peel, 1 cup sour cream, 1 cup buttermilk or sour milk, 4 eggs, 2 heaping teaspoons cream of tartar, 2 teaspoons soda, 1 each of cloves, cinnamon, nutmeg and ginger, 2 cups black strap, 1 cup nut meats (any kind) if desired, flour enough to bake in loaf cake. Try a little in a gem tin before baking the whole cake. Will make 4 or 5 cakes according to size of pans.

TO MIX PORK CAKE.—Grate the pork and beat to a cream with brown sugar, next add eggs well beaten, and beat well together; then add sour cream, molasses and sour milk, in which dissolve soda. Sift cream of tartar with flour and spices, and mix well again. Add fruit last, raisins stoned and peel cut fine. Bake about 1½ to 2 hours.—Mrs. P. Lautenschlager, Southampton, Ont.

RAISIN AND NUT CAKE.—½ cup butter, 1 cup sugar, 2 eggs, ¾ cup sweet milk, 2½ cups flour, 1 tea-

spoon soda, 1½ cream tartar, ½ cup raisins, and ½ cup nuts chopped fine, ice and put nuts on top. This is delicious.

OATMEAL COOKIES.—2 cups flour, 2 cups oatmeal, 1 cup sugar, 1 cup butter and lard mixed, 1 cup buttermilk, 1 teaspoon soda.—Mrs. G. W. Harding, Lion's Head P.O., Ont.

RAISIN CAKE.—1 cup raisins, 1 cup brown sugar, ½ cup butter, 2 eggs, 1 small teaspoon cinnamon, 1 small nutmeg, ½ cup buttermilk, with a teaspoon soda dissolved in it, flour to thicken.—Mrs. Gavin Muirhead, Holly, Ont.

2.—½ cup butter, 1½ cups sugar, 1 cup sour milk, 3 cups flour, 1 egg, 1 teaspoon soda, 1 cup chopped raisins. Little spice if wished.—Mrs. G. Walton, Cedar Mills, Ont.

RAILROAD CAKE.—3 eggs, butter size of an egg, 3 tablespoons milk, a little salt, 1 cup sugar, 1 cup flour.—Mrs. Garfield Grant, Jewitt's Mills, York County, N.B.

RASPBERRY CAKE.—2 eggs, ½ cup butter, ¾ cup sugar, 1 cup canned raspberries (if berries are very sweet ½ cup sugar will be sufficient), 2 small cups flour, 1 teaspoon soda, 1 tablespoon sour cream. Bake in 2 layers, or in loaf. Icing for Raspberry Layer or Loaf—Boiled icing with chopped raisins, 1 cup sugar (granulated), boiled until it hairs with ½ cup water, beaten white of 1 egg. This is a delicious cake.—Mrs. Albert T. Twiss, Courtland, Ont.

2.—2 eggs, 1 cup brown sugar, ½ cup butter, 2 tablespoons sour milk, 1 teaspoon soda, 1 teaspoon cream tartar, 1 cup raspberries, 2 cups flour. Seasoning, cloves, cinnamon and nutmeg. Bake in 2 layers.—Mrs. Lawson Greer, Kars, Ont.

Also by Mrs. Anthony Gahle, Mabee P.O., Ont.; and Mrs. Sol. Lodwick, Udora, Ont.

RIBBON CAKE.—2 cups sugar, 1 cup butter, 1 cup milk, 4 cups flour (scant), 4 eggs, ½ teaspoon soda,

Cowan's Cake Icings will save you time and trouble.

1 teaspoon cream tartar. Beat the butter to a cream, add the sugar gradually, beating all the while, then the flavoring. Beat the eggs very light, add them and the milk; sift the flour, soda and cream tartar with it, beat quickly. Take 3 sheet pans of the same size, and in each of 2 put ⅓ of the mixture and bake. To the other ⅓ add 4 teaspoons cinnamon, 1 cup currants, ⅛ pound citron cut fine. Bake this in the remaining pan. When done, spread the light cake with a thin layer of jelly while warm. Place on this the dark cake and spread with jelly, then other sheet of light cake. Press all together by putting a weight on top.—C. MABEL HAMILL, Greenmount, Lot 2, P.E.I.

2.—½ cup sweet milk, ½ cup butter, 3 eggs, 2 cups flour, 1 teaspoon cream tartar, ½ teaspoon soda. Dissolve the soda in the milk, mix the cream tartar in the flour, beat the eggs, sugar and butter well together, then add the milk and flour. Take 1 cup above mixture, 1 teaspoon molasses, ½ teaspoon each cinnamon, cloves, allspice and nutmeg, ½ cup each raisins and currants. Dredge the raisins and currants with flour, mix with the molasses and spices into the cup batter taken from the first. Bake in oblong tins in 3 layers, put together with jelly, the dark part between the light parts.—MRS. J. H. GANONG, Snider Mt., King's Co., N.B.

3.—Beat together 1 cup butter and 2 cups of sugar; now add 3 beaten eggs and beat again, then 1 cup milk, beating well after each addition; last of all beat in 3 cups flour in which 1½ teaspoons baking powder have been sifted. Divide the batter into four parts, coloring 1 with melted chocolate and another with pink cake coloring. Bake in jelly tins, and put together with a filling.—MRS. JOHN FERGUSON, Camlachie, Ont.

ROCKS.—1 cup sugar, ⅔ cup butter, 1½ cups flour, 2 eggs, 1 pound each chopped English walnuts and raisins, 1 teaspoon each cinnamon, cloves and soda, the latter dissolved in a little hot water. Drop by spoonfuls on buttered tins and bake. Easily kept, if well hidden.—MRS. JOHN G. KEFFER, Sherwood, Ont.

2.—3 eggs, 1½ cups brown sugar, 1 cup butter, 1 cup raisins, 1 cup dates, 1½ cups chopped walnut meats, 3 cups flour, 1 teaspoon cinnamon, 1 teaspoon soda. Drop in small teaspoons on buttered tins.—Mrs. C. Tiffin, Leaskdale, Ont.

3.—1 cup sugar, 1 cup butter, 1 cup chopped raisins, 1 cup nuts, 1 cup rolled oats, 2 cups flour, 2 eggs, 1 teaspoon soda, ½ cup hot water. Drop on greased pan.—Mrs. Geo. Tackaberry, Kemptville, Ont.

ROGER CAKE.—¾ cup syrup, ¾ cup brown sugar, ¾ cup sour milk, yolk of 1 egg, white saved for icing, butter size of egg, 1 teaspoon soda, pinch salt, flour to thicken (not too thick). Icing—1 cup white sugar, 5 teaspoons water; boil water and sugar until it strings, then add a cup of raisins stoned and chopped fine, and cook a few minutes; then cool a little and add the stiff white of the egg, and put between layers and on top.—Ina Merrick, Victoria Corners, Ont.

JELLY ROLL.—3 eggs, ¾ cup sugar, 1 cup flour, 2 teaspoons baking powder, 1 tablespoon hot water, and a pinch of salt. Beat the eggs until light; add the sugar and salt, and stir until dissolved. Sift the flour and baking powder, add to the above and beat until light; put in a flat pan, bake 10 or 15 minutes. Take out on a napkin, spread under side with jelly, and roll up.—Mrs. D. McPhail, Wawanesa, Manitoba.

ROUGH AND READYS.—2 cups molasses, 1 cup shortening, 2 teaspoons soda dissolved in 1 cup boiling water, 1 teaspoon salt, 1 tablespoon ginger; add enough flour to roll. Brush tops in milk and dip in white sugar.—Mrs. C. Harrison, Myrtle Station, Ont.

SCRIPTURE CAKE.—4½ cups 1 Kings 4, 22—flour, 1 cup Judas 5, 25—butter, 2 cups Jeremiah 6, 20—sugar, 2 cups Nathan 3, 12—figs, 1 cup Numbers 17, 18—almonds, 2 tablespoons 1 Samuel 14, 25—honey. Season to taste with II Chronicles 9, 9—spices, 6 tablespoons Jeremiah 17, 11—eggs, 1 pinch of Leviticus 2, 13—salt, ½ cup Judges 4, 19—milk, 1 teaspoon Amos 4, 5—bak-

WHITE SWAN YEAST CAKES give sure results

ing powder. Follow Solomon's prescription for making a good boy—Proverbs 3, 12—and you will have a good cake.—Mrs. L. W. Mitchell, Utica, Ont.

This cake should be baked in a slow oven and will keep a year. Is better to be made some time before wanted.—Mrs. D. O'Boyle, Glasgow, Ont.

SCOTCH SHORTBREAD.—1 teaspoon baking powder, 1 pound flour, 8 ounces butter, 4 ounces coffee sugar, yolk of one egg. Method of working.—Measure out the ingredients, put the butter and sugar in a basin, beat to a cream; make a hole in the centre of the mixture and add the yolk of the egg; mix flour and baking powder well together and add gradually to the butter and sugar, mixing well. Turn out on a floured pastry board and work the mixture into flat, round shapes about as large as saucers; notch the edges or place on a wooden shape or earthenware mould and bake in a slow oven for twenty minutes till a nice brown color.—Miss Josephine Woodcock.

2.—Beat 1 pound butter to a cream, and add by degrees ¼ pound sugar and 2 pounds flour. Work this dough until smooth, roll out, cut into squares and pinch up edges; prick it well with fork. Bake in slow oven. —Ernest Hysop, Killarney, Man.

VERY OLD SCOTCH BREAD (Good).—2 pounds flour, ½ pound lard, ½ pound butter, ½ pound sugar. —Mrs. P. Ganton, Marsh Hill, Ont.

SCOTLAND CAKE.—2 cups sugar, a scant cup butter beaten to a froth, 3 well-beaten eggs, 1 cup milk with 1 teaspoon soda dissolved in it, 3 cups flour into which has been sifted 2 teaspoons cream tartar. Flavor with lemon or vanilla and bake.—Mrs. L. A. Crooker, Brookfield, Queen's Co., N.S.

SCOTTISH FANCIES.—Beat 1 egg till very light and lemon colored (using egg beater), add ½ cup granulated sugar, ½ tablespoon melted butter, ½ teaspoon salt, ¼ teaspoon vanilla, 1¼ cups rolled oats; stir until well mixed together and drop from spoon and shape like

macaroons, on a buttered pan; bake in a moderate oven till delicately browned.—Mrs. H. A. Moffatt, Box 203, North Sydney, C.B.

SCONES.—1 egg, 1 cup sugar, 2 cups buttermilk, 1 teaspoon soda, 4 large cups flour, 2 teaspoons baking powder, 1 cup currants. Drop in gem rings on a buttered pan and bake in a quick oven.—Mrs. Wagg, Box 74, Goodwood, Ont.

2.—2 cups flour, ½ cup sugar, ½ cup currants, butter size of an egg, 2 teaspoons baking powder, wet with sweet milk; mix soft and bake in a hot oven.—Mrs. Gavin Muirhead, Holly, Ont.

BAKERS' SCONES.—1 cup brown sugar, 1 cup butter, 1 cup molasses, 1 egg, 1 teaspoon soda, 1 cup boiling water, 4 cups flour, spices to suit taste.—Mrs. Z. A. Leach, Straffordville, Ont.

ENGLISH SCONES.—1 cup raisins, 4 cups flour, 1 cup lard, 1¼ cups sugar, 3 teaspoons baking powder; mix with sweet milk to pack all together and cut with three-cornered cake cutter.—Mrs. Otis G. Parry, Tillsonburg, Ont.

SCOTCH SCONES.—1 sifter flour, 1½ teaspoons baking soda, 1 teaspoon salt, 1 tablespoon sugar, 2 teaspoons cream tartar, 1 tablespoon butter, 1½ cups buttermilk (more if necessary), mix with knife. Sift the cream tartar 2 or 3 times with flour.—Mrs. Arthur T. Pannabecker, Hespeler, Ont.

2.—2 cups flour, 2 teaspoons baking powder, ½ teaspoon salt, all sifted well together; 1 egg and 1 tablespoon butter beaten light, add ¾ cup sweet milk; stir all together, roll out, cut and put on hot, well-greased griddle. Bake 20 minutes, turn.—Mrs. Ira L. Shaver, Burford, Ont.

SHORT CAKE.—½ pound each of butter and lard, 1 cup brown sugar, stir well together; 1 egg, 1 teaspoon baking powder, ½ cup good cream. Roll out ½ an inch thick and cut in squares.—Miss Annie Fleming, Camlachie P.O., Ont.

BOSTON SHORT CAKES.—4 cups flour, 4 teaspoons baking powder, a little shortening, handful white sugar, 1 egg well beaten and fill the cup with sweet milk or cream, a little salt.

Filling.—1 egg beaten, 1 cup brown sugar, ½ cup flour. Roll dough out and spread with filling; roll up and cut in pieces the same as jelly cake and bake.—Mrs. F. Baker, Altona, Ont.

SHORTCAKES FOR EVERYDAY USE.—9½ pounds flour, 4 ounces cream tartar, 2 ounces baking soda. Sift this twice together; keep this on hand; then as required, take the amount you wish, add a little salt, also a little lard (not much), and mix with either buttermilk or sweet milk, buttermilk preferred. Roll out about ½ or ¾ inch thick, cut with cake cutter and bake in very hot oven.—Mrs. J. T. Peacock, Woodbridge, Ont.

STRAWBERRY SHORTCAKE.—Sift in 1 quart of flour 2 teaspoons cream tartar and 1 teaspoon soda, rub in a ½ cup butter, milk enough to make it roll out about 1 inch thick and bake in oven; when baked, cut in square pieces, then split the squares and spread with butter. Make a filling with 1 quart of strawberries, a pint of sugar mashed together. Spread the squares with the filling and put together again.—Annie McAdam, Douglas, York Co., N.B.

SNOWBALLS.—2 cups sugar, 1 cup sweet milk, ½ cup butter, 3 cups flour, 3 teaspoons baking powder, whites 5 eggs; beat well. Bake in a deep square tin. Cut in 2-inch squares, remove the outside and frost all sides, then roll in freshly grated cocoanut.—Mrs. John G. Keffer, Sherwood, Ont.

SNOW CAKE.—¼ cup butter, 1 cup sugar, whites 2 eggs, 1½ cups flour, ½ cup milk, 1½ teaspoons baking powder, 2 teaspoons vanilla. Cream butter, adding gradually sugar and vanilla; beat eggs to a stiff froth, add milk, then flour and the beaten whites last. Use chocolate filling.—Mrs. J. A. Hoover, Forestville, Ont.

SNOWBALL CAKE.—Cream ½ cup butter and 1 cup sugar thoroughly, add ½ cup milk, sift 2 cups flour with 1 teaspoon cream tartar and ½ teaspoon soda. Lastly add the stiffly beaten whites of 4 eggs, folding them in lightly. Bake in a moderate oven 30 minutes or more.—Mrs. C. H. Tupper, Plymouth Rd., Pictou Co., N.S.

2.—1 cup sugar, ½ cup butter, ½ cup sweet milk, 2 teaspoons baking powder, 2 cups flour, 1 snowball a little larger than an egg; stir quickly and put in a very hot oven before snow melts.—Mrs. F. G. Bagnall, Belmont, Ont.

SNOWBALL DROPS.—2 cups sugar, 2 eggs, 2 cups milk, 5 cups flour, ½ teaspoon salt, 3 teaspoons baking powder and a nutmeg. Beat eggs and sugar together, add milk, salt and nutmeg, and last baking powder sifted in the flour. Drop off spoon in hot fat and cook a light brown. When nearly cold roll in sugar.—Mrs. R. Lotton, Markham, Ont.

SPICE CAKE.—½ cup butter, 1½ cups sugar, 1 cup cream, ½ teaspoon soda dissolved in teaspoon water, 1 egg, 1 cup raisins, ¼ cup cornstarch, 2 cups flour, ¼ teaspoon cinnamon, ¼ teaspoon cloves. Bake in moderate oven.—Mrs. Muirhead, O'Sullivan's Corners, Ont.

CHEAP AND GOOD SPICE CAKE.—1 egg beaten, 1 cup sugar, 3 tablespoons molasses, 2 small teaspoons mixed spice, small ½ cup shortening, large half cup sour milk, 1 teaspoon soda and flour to make thick batter. Bake in a small dripping pan, ice and cut in square pieces.—Mrs. Walter Hazlett, Thorncliffe, Ont.

A SPICE CAKE WITHOUT EGGS.—2 cups light brown sugar, ½ cup dark brown molasses, 2 cups sour milk, ½ cup butter, 4 cups flour, 2 teaspoons soda, 1 teaspoon cloves and allspice, ½ cup stoned raisins. Mix well, and oven the cake quickly. Any cake made with soda should be promptly baked. Makes 2 good-sized cakes if wished.—Miss Jean Lake, Galt, Ont.

Cowan's Perfection Cocoa is a health-giver

2.—1 cup sugar, 1 tablespoon butter creamed, 1 teaspoon cinnamon, 1 teaspoon allspice, 1 small teaspoon salt, 1 cup sour milk, 1 teaspoon soda dissolved in milk, 1 cup raisins chopped, 2 cups sifted flour. Bake in a loaf in a slow oven. Can be used as a pudding.—Miss Florence Campbell, Holly, Ont.

SPONGE CAKE.—2 eggs, 1 cup white sugar, ½ cup butter, ½ cup sweet milk, ½ teaspoon soda, 1½ teaspoons cream tartar, 1 tablespoon vanilla, 2 good cups flour. Stir eggs and butter first of all to a cream and sugar too along with it. Ice if you wish when cool. Bake in a medium hot oven, not too fast. This makes a very nice light cake for tea. It is nicer with icing on. Flavored with lemon.—Mrs. Jas. Symons, Box 26, Craik, Sask.

SODA CAKE.—¼ pound butter, 1 pound flour, 1 cup milk, ½ pound currants, ½ pound sugar, 3 eggs, 1 teaspoon carbonate soda. Rub butter into the flour, add currants and sugar, mix well; whisk eggs well and stir into mixture; dissolve soda in milk; now add milk and soda to mixture and stir well. Put in greased cake tin and bake at once for 1 hour.—Miss Torpey, Woodchuck Farm, Nober, Ont.

2.—1 egg well beaten, 1 cup brown sugar, 1 cup thick sour cream, 1 teaspoon soda dissolved in a little warm water, and stirred through the sour cream, add flour to thicken, flavor with nutmeg.—Mrs. F. Prophet, Atherley, Ont.

COFFEE SPONGE.—Mix 1½ cups strong cold coffee, ½ cup milk, ⅓ cup sugar, 1 tablespoon gelatine that has been soaked for ½ an hour in ¼ cup water. Heat these ingredients in a double boiler; when fully heated add ⅓ cup sugar, pinch salt and yolks of 2 eggs. Cook until mixture thickens, then remove from fire and stir in the beaten whites of the eggs, add 2 teaspoons vanilla. In summer set on ice to mould. Serve with whipped cream or cream.—Mrs. O. R. Bodwell, Box 554, Ingersoll, Ont.

SPONGE ROLL CAKE.—2 well-beaten eggs, 1 cup light brown sugar, ¼ cup sweet cream, 1 teaspoon baking powder mixed with 1 cup flour, beat all together and bake in a quick oven; when cooked, spread a little raspberry preserves over the top and roll while warm.—WINNIE GARDINER, Mount Stephen, Ont.

VELVET SPONGE CAKE.—2 eggs beaten light, beat in 1 cup granulated or powdered sugar, ½ cup sifted flour, next ½ cup flour sifted with 1 teaspoon baking powder, and lastly, ½ (scant) cup boiling water very gradually. Have the tin buttered, fill and bake immediately in a well-heated oven. The batter will seem very thin, but the cake is excellent. By the use of one more egg any layer cake may be made better than with butter. For this, save 2 of the whites out for frosting, using the other egg and the 2 yolks for the cake. Bake in layer cake tins. Whip whites stiff and stir in sugar to taste. Spread between each layer and on top. For cocoanut cake, sprinkle cocoanut over frosting between layers and thickly on top. For chocolate grate ½ teacup Baker's chocolate, stir in the frosting, and use as before.—MISS MINTO ALMAS, Burtch, Ont.

SPONGE DROPS.—3 whites, ⅓ cup powdered sugar, 2 yolks, 8 cups flour, ⅛ teaspoon salt, ¼ teaspoon vanilla; beat whites until stiff and dry. Add sugar gradually, then add yolks beaten until thick and lemon colored; add flavoring, cut and fold in flour mixed and sifted with salt, drop from tip of spoon on unbuttered paper, sprinkle with powdered sugar and bake about 8 minutes in a moderate oven.—MRS. JOHN WOODS, Richmond Hill, Ont.

STEAMED CAKE.—2 eggs, 1½ cups sugar, ¾ cup butter, well beaten; 1 cup currants, 1 cup raisins, 2 tablespoons molasses, 1 teaspoon vanilla, 1 teaspoon mixed spice, 1 heaping teaspoon baking soda put in a cup and dissolved with 2 teaspoons of vinegar, fill cup with buttermilk and add to cake. Mix stiff with flour, put in a dish and steam 2 hours, then bake slowly ½ an hour.—MRS. W. G. ISAAC, Nottawa, Ont.

White Swan 100% Perfumed Powdered Lye is best value.

STORY CAKE OR LARGE CHRISTMAS CAKE.—9 eggs, 5 cups brown sugar, 2¼ cups blackstrap, 1½ pounds butter, 3½ cups buttermilk, 3 cups sour cream, 2 teaspoons soda, 1½ teaspoons ground cloves, 1½ teaspoons ground cinnamon, 1½ grated nutmegs, 3 lemon peels chopped fine, 7 cups washed currants, 7 cups stoned raisins, flour to make a very stiff batter. Bake in slow oven. Can be iced with the beaten yolks of the eggs and white sugar, or with icing sugar and decorated with candies and other ornaments.—Minnie Gardiner, Mount Stephen, Ont.

SUGAR SNAPS.—3 eggs, 1 cup butter, 2 heaping cups brown sugar, 1 teaspoon soda, 1 tablespoon ginger, flour to mix quite stiff.—Mrs. Wm. A. Hamilton, Box 30, Brougham P.O., Ont.

SULTANA CAKE.—½ pound flour, 6 ounces butter, 1 cup sultanas, small piece lemon peel, 1 teaspoon baking powder, 3 eggs, 2 tablespoons sweet milk, 6 ounces white sugar; beat butter and sugar together; add eggs well beaten, then the other ingredients. Bake in slow oven 1¼ or 2 hours.—Mrs. A. F. McGill, Clive, Alta.

2.—¾ cup butter, 1½ cups sugar, 3 eggs beaten separately, ½ cup milk, 2½ cups sifted flour, 3 teaspoons baking powder, 2 cups raisins, 1 ounce peel.—Mrs. H. B. Ohrt, 20 Farnham Ave., Toronto.

SURPRISE CAKE.—2 eggs, ½ cup butter, 1 cup sugar, ½ cup sweet milk, 1½ cups flour, 2 teaspoons baking powder, vanilla and lemon extract.—Mrs. Jos. Watson, Coldwater, Ont.

2.—1 egg, 1 cup sugar, ½ cup butter, 1 cup sweet milk, 1 teaspoon soda, 2 teaspoons cream tartar, 1 teaspoon vanilla, 2 cups flour.—Mrs. J. H. Chester, Hespeler, Ont.

TEA CAKE.—1½ cups sugar, 1 egg, 1 cup lard, ½ cup sweet milk, 1 teaspoon ginger, 1 teaspoon soda.—Mrs. Lewis Ketchabaw, Eden, Ont.

TEA CAKES.—1 quart flour, 1 teaspoon soda sifted, 4 tablespoons butter rubbed into flour, 1 cup sugar, 1

cup currants with ½ orange peel cut fine, add enough sour milk to make a soft dough, roll to ½ inch thick, cut any shape desired; bake in a moderate oven for 20 minutes. Nice eaten warm with maple syrup.—Mrs. Fred Taylor, Millbridge, Ont.

2.—2 cups sugar, 1 cup butter, 3 eggs, 1 tablespoon molasses if sugar is light, ¼ cup sour cream, 1 small teaspoon soda, ¼ teaspoon salt, flour enough to roll.—Mrs. John R. Hood, Markham, Ont.

3.—½ cup butter, ½ cup milk, 2 eggs, 1 teaspoon soda, 2 teaspoons cream tartar, ½ cup sugar, a pinch of salt, 2 cups flour. Bake in small tins.—Mrs. A. H. Wilcox, Norton, King's Co., N.B.

FRUIT TEA CAKES.—1½ cups sugar, ¾ cup butter, 2 eggs, 1 cup chopped raisins (seeded), 3 tablespoons sour cream, 1 teaspoon cinnamon, 1 teaspoon allspice, 1 teaspoon soda, flour enough to make a stiff dough to roll out, cut in shapes and bake in a hot oven.—Mrs. J. E. Shell, Uxbridge, Ont.

ROLLED TEA CAKES.—2½ cups flour, 1 cup sugar, mix the sugar with the flour; ½ cup butter, 2 eggs, 1 teaspoon cream tartar, 1 teaspoon baking soda; mix well and roll thin.—Mrs. Arthur C. Kennedy, Edgeley, Ont.

AFTERNOON TEA DAINTY.—Take arrowroot biscuits or any small crackers, and on each spread maple cream or caramel icing, and in the centre of each press a half-meat of walnut, a chocolate cream or three or four layer raisins.—Kate L. Nelson, Box 210, Paisley, Ont.

TEA SCONES.—2 cups flour, 1 teaspoon soda, 2 teaspoons cream tartar, ½ cup milk, 1 egg, ¼ teaspoon salt, butter size of 2 eggs. If wished sweet, 2 tablespoons sugar and handful of currants.—A. L. Wilmott, Milton West, Ont.

TILDEN CAKE.—1 cup butter, 2 cups granulated sugar, 1 cup sweet milk, 3 cups flour, ½ cup cornstarch,

Cowan's Maple Buds—the most delicious of chocolate confections

4 eggs, 2 teaspoons baking powder, 2 teaspoons lemon extract. This is excellent.—Mrs. C. M. Osborn, Nixon, Ont.

TORONTO CAKE.—3 eggs, ½ cup butter, 1½ cups white sugar, 1 teaspoon soda, ½ cup sour milk or buttermilk, ½ cup baking syrup, 1 teaspoon ground cloves, a little nutmeg and allspice, flour not too stiff; bake in layers in moderate oven.

Filling for Cake.—1 cup dates, 1 cup sugar, 1 cup water; cook on stove in saucepan till thick, spread between layers and when cool this cake will keep for a month.—Mrs. W. Scott, East Oro P.O., Ont.

2.—1 tablespoon butter, 1 cup brown sugar, 2 eggs (save white of one), ½ cup syrup, ½ cup buttermilk, 1 teaspoon soda, 2 cups flour, 1 teaspoon spice. Bake in jelly tins.

Icing for the Above.—1 cup granulated sugar, boil till it threads from a fork; beat the white of the egg stiff, then beat in the hot syrup, then mix ¾ of a cup of raisins seeded and halfed; spread on and between cake. —Minta Black, Glen View Farm, Saurin, Ont.

TRILBYS.—1 cup butter, 1 cup sugar, ½ cup sour milk, 2 cups flour, 2 cups oatmeal, 1 teaspoon soda, 1 teaspoon cream tartar; add flour enough to roll out. Bake as cookies, when cool spread filling. Date Filling: 1 pound dates chopped, boil with ¾ cup sugar and 1 cup water.—Mrs. W. J. Turner, Green River, Ont.

2.—1½ cups yellow sugar, 1 cup butter and lard mixed, 1 cup buttermilk, 2 cups oatmeal, 2 cups flour, 2 eggs if you have plenty, very good without, 1 teaspoon soda and little salt.

Filling for Trilbys.—1 pound dates, 1½ cups sugar, ½ cup water.—Mrs. Jack Silverthorn, Box 80, Teeterville, Ont.

TUTTI FRUTTI CAKE.—2 cups sugar, 1 cup each of butter and sweet milk, whites of 5 eggs, 4 cups flour, 2 teaspoons baking powder, cream the butter and sugar, and beat the eggs to a stiff froth. Divide the batter

into four parts, leave one plain, add ½ cup nuts to one part, ½ cup chopped raisins to another, and ½ cup grated cocoanut to the fourth, with the grated rind of a lemon. Bake and put together with white icing, placing the layers in any order you prefer.—Mrs. John G. Keffer, Sherwood, Ont.

WALNUT CAKE.—2 eggs, 1 cup sugar, ½ cup butter, ½ cup sweet milk, 2 cups flour, 1 teaspoon cream tartar, ½ teaspoon soda, season with lemon or vanilla. Bake in 2 sheets.

Walnut Filling.—1 cup sugar, ¼ cup water, let it boil till stringy; beat the white of 1 egg and mix with the sugar; add ½ cup chopped raisins, ½ cup chopped walnuts and 2 tablespoons cocoanut, flavor with vanilla, spread between the layers. Frost the cake with white frosting.—Mrs. W. F. Gilliatt, Granville Centre, Annapolis Co., N.S.

2.—3 eggs beaten separately, 1 cup granulated sugar, ½ cup butter creamed, 2 cups flour into which has been sifted 1 teaspoon cream tartar, ½ teaspoon baking soda, 10 cents' worth shelled walnuts, chop half the nuts. Put into a well-buttered pan, spread a thin layer of the mixture, over this a layer of chopped nuts, and cover with rest of batter, ice and put rest of nuts on top of cake.—Edna Weldon, Uxbridge, Ont.

3.—2 cups white sugar creamed with ½ cup butter, 3 eggs, ⅔ cup sweet milk, 3 cups sifted flour, 1 heaping teaspoon baking powder sifted with flour, 1 tablespoon powdered mace, a coffee cup walnuts chopped small. Fill the cake pans with a layer of the cake, then a layer of raisins, then throw over it a layer of nuts, until the pan is two-thirds full; line the tins with well-buttered paper and bake in a steady, but not quick, oven. This is most excellent and will keep fresh for quite a while. —Mrs. Jas. H. Allen, Varney, Ont.

4.—Whites of 5 eggs, 1 scant cup butter, 1 cup sweet milk, 2 cups white sugar, 2 teaspoons cream tartar, 1 teaspoon soda, 3 cups flour.

WHITE SWAN COFFEE the connoisseur's choice

Filling and Icing.—Yolks of 5 eggs, 1 cup sour cream, 1 cup white sugar; stir all together and cook till it thickens. When cold, add 1 cup chopped walnuts. Stir all the time as it burns very quickly.—G. L. LUNAU, Victoria Square, Ont.

5.—2 eggs, ¾ cup brown sugar, 1 cup walnuts, ¾ cup milk, 3 cups flour, ½ teaspoon salt, 2 teaspoons baking powder. Beat the eggs and add the salt, sugar and nuts; stir well together, then add the milk and flour. Butter tins and set in a warm place for 20 minutes; bake in a moderate oven for 20 or 30 minutes.—MRS. G. ELLIOT, Richmond Hill, Ont.

WALNUT WAFERS.—1 cup brown sugar, 1 cup chopped walnuts, 2 eggs, 1 tablespoon butter, about 8 or 10 tablespoons flour, 2 teaspoons baking powder, 1 teaspoon vanilla. Beat sugar and eggs together; add nuts, butter, eggs and flour last. Spread on pan very thin; when baked, cut in squares while warm.—MRS. G. HISEY, Edgeley, Ont.

WALNUT LOAF.—4 cups white flour, 1 egg, 1 cup chopped nuts, 4 tablespoons brown sugar, 1½ cups milk, 3 teaspoons baking powder, pinch salt. Mix and pour in baking pan, let stand ½ hour and bake.—MRS. B. W. RALSTON, Amherst, N.S.

WASHINGTON CAKE.—2 eggs, ¾ cup brown sugar, ½ cup butter, 1 cup chopped raisins, 1 lemon peel, ¾ cup buttermilk, 2 teaspoons nutmeg, 2 teaspoons cassia, 3 teaspoons syrup, 1 teaspoon soda in 2 teaspoons warm water, 2 cups flour. Bake in 2 layers and put together with lemon filling.

Lemon Filling.—Juice of 1 lemon, 1 egg, 1 cup white sugar, small lump butter, boil 10 minutes.—MRS. H. J. CROWDER, Sharon, Ont.

WATER CAKE.—1 cup sugar, 1 cup slightly warm water, 2 cups sifted flour, ½ cup butter, 3 teaspoons baking powder and a pinch of salt. This makes one large loaf.—MISS FLORENCE CAMPBELL, Holly, Ont.

WATERMELON CAKE.—2 cups fine white sugar, 1 cup butter, 1 cup milk, 3½ cups flour, 3 teaspoons baking powder, the whites of 8 eggs beaten very light, flavor. Red Part.—½ cup butter, 1 cup red sugar, ¾ cup milk, 1 cup seedless raisins, 2 cups flour, 2 teaspoons baking powder, flavor. Put the red part in the centre of pan and white around the outside.—Mrs. John G. Keffer, Sherwood, Ont.

WEDDING CAKE.—3 pounds brown sugar, 1 pound butter, dash of lard, 3 pounds currants, 4 pounds seeded raisins, ½ pound lemon peel, ½ pound citron peel, ½ pound orange peel, 1 pound shelled almond nuts, bottle cinnamon, 10c. rose water, 2 nutmegs, ½ cup dark molasses, 5c. mace, 9 eggs, 1 cup flour (water and cream), 4 teaspoons baking soda, 2 teaspoons baking powder.—Mrs. James Bell, Hensall, Ont.

WHITE WEDDING CAKE.—1 cup butter, 2 cups granulated sugar, 1 cup milk, 3 cups flour, 1 teaspoon baking powder, whites 8 eggs, 1 pound citron sliced fine, 1 pound almonds blanched and chopped fine, 1 small cocoanut grated. Cream butter and sugar thoroughly together, add the milk and flour and baking powder sifted 3 times; stir all well together; add the citron and nuts, stirring only enough to mix thoroughly. Last of all add the whites of eggs beaten to a stiff froth. Fold in lightly and bake in a moderate oven. When cold, ice with confectioner's sugar mixed with white of egg.—Mrs. Ben Reed.

ICING FOR WHITE CAKE.—Beat the yolks of 3 eggs until light, and beat in powdered sugar until it is hard enough to spread on cake. Some experienced cooks say this frosting will harden better in a cool, dark place.—Mrs. James Nickless, Lion's Head, Bruce Co., Ont.

WHITE CAKE.—1½ cups sugar, 2 eggs, ½ cup butter, 2 teaspoons baking powder, 1 cup milk, lemon flavoring and flour enough to drop off spoon nicely.—Mrs. Wm. Russell, Doaktown, N.B.

For extra nice cakes use **Cowan's Cake Icings**

2.—1 cup sugar, ½ cup butter, ½ cup sweet milk, whites of 5 eggs beaten light, 2 cups sifted flour, 2 teaspoons baking powder, 1 teaspoon almond extract. Cream the butter and sugar, add the whites, then the milk, lastly the flour sifted with the baking powder. Beat until very light. Bake in moderate oven.—Mrs. Jas. Nickless, Lion's Head, Bruce Co., Ont.

PERFECTION WHITE CAKE.—1 cup granulated sugar, ½ cup butter, ½ cup sweet milk, 2 cups flour, 1 teaspoon cream tartar, ½ teaspoon soda, whites 4 eggs beaten very stiff. Bake in 2 layers and put together with boiled icing.—Mrs. Robert Holliday, Box 5, Sawyerville, P.Q.

WHITE PATTY CAKES.—2 eggs, ½ cup sweet milk, ½ cup butter, ¾ cup white sugar, 2 teaspoons cream tartar, 1 teaspoon soda, 2½ cups flour. Put raisins or dates on top.—Miss Tena McCallum, Amulree, Ont.

UNITED STATES CAKE.—1 cup brown sugar, ½ cup butter, 1 cup sweet milk, 1 cup chopped raisins, 1 teaspoon cinnamon, ¼ teaspoon cloves, ½ nutmeg, 2 teaspoons baking powder, 2 cups flour, 1 egg. Bake in long tin; when done ice with chocolate and sprinkle with chopped walnuts cut in squares.—Mrs. H. J. Crowder, Sharon, Ont.

VANILLA CAKE.—1 cup butter, 1 cup sugar, 1 egg, 1 cup sweet milk, 2 teaspoons baking powder, 2 cups flour, 1 teaspoon vanilla.—Mrs. Melvin Rupert, Melfort, Sask.

VANILLA BISCUITS.—Mix ¼ pound butter with 1 cup sugar, 2 eggs, 1 cup currants, 1 teaspoon vanilla, 2 tablespoons sour milk, 1 teaspoon soda, flour to roll. Bake in quick oven.—Mrs. W. Stone, Phelpston, Ont.

VANILLA WAFERS.—1 cup granulated sugar, ⅔ cup butter, 1 egg, 4 tablespoons sweet milk, 1 tablespoon vanilla, 2 teaspoons baking powder. Cream the

butter and sugar, add the egg well beaten, then the milk and vanilla, 2½ cups flour. Bake in quick oven. —Mrs. Ernest Hysop, Killarney, Man.

VELVET CAKE.—1 cup granulated sugar, ½ cup butter, ½ cup sweet milk, 1 cup flour, 1 cup cornstarch, 2 teaspoons baking powder, whites of 4 eggs; flavor with vanilla.—Mrs. Chas. A. Mason, Ellesmere, Ont.

YANKEE CAKE.—1½ cups sugar, ½ cup butter, 3 eggs, ½ cup sour milk, 2 cups chopped raisins, 1½ cups flour, 1 teaspoon cloves, cinnamon, nutmeg, 1 teaspoon soda, use icing sugar.—Agnes Colquhoun, Mitchell, Ont.

YORKSHIRE PARKIN.—2 pounds flour, 1 pound Scotch oatmeal, 2 pounds syrup, ½ pound sugar, ½ pound butter, 1 ounce ginger, 1 teaspoon carbonate soda; add a little milk if required, a pinch of salt. Bake in a buttered tin and cut into squares.—Mrs. John Dale, Gilford P.O., Ont.

A VERY GOOD CAKE.—2 eggs, ½ cup molasses, ½ cup sugar, 1 tablespoon butter, 1 teaspoon baking powder, 1 teaspoon baking soda, 1½ to 2 cups flour, ½ cup boiling water.—Miss E. Asling, Box 223, Uxbridge, Ont.

A NICE CAKE.—3 eggs, 1½ cups sugar, ½ cup butter, ⅔ cup milk, 1 teaspoon cream of tartar, ½ teaspoon soda, 3 cups flour, flavor with lemon.—Mrs. Watson H. Miner, Gaspereau, King's Co., N.S.

CAKE MADE IN A HURRY.—2 cups flour, 1 egg, 1 cup white sugar, 1 cup milk or water, 2 teaspoons cream tartar, 1 teaspoon soda, 2 tablespoons melted butter. Put all in a bowl together and beat until light.—Mrs. Clara Fisher, Auburn, N.S.

SMALL CAKES.—¾ cup butter, 1½ cups granulated sugar, 3 eggs, 3 tablespoons sweet milk, 1 teaspoon baking powder, flour enough to make it roll;

roll thin and sprinkle top with granulated sugar; cut out with hole in centre and bake in a moderate oven. I call them Jumbles when done.—Mrs. Joseph Dawson, Thorndale, Ont.

LEFT-OVER CAKES.—Break up in small pieces in salad dish, take a large sweet orange, cut in small pieces, arrange over the cake. Then make a cream of 2 cups sweet milk, 1 egg, ½ cup sugar, 2 tablespoons flour, or just enough to make a thin cream; let come to boil, take from stove and add 2 teaspoons vanilla; pour over the whole, let cool before serving. This is an excellent way to use up stale cake.—Mrs. Frank Wakey, Danforth, Ont.

COOKIES

COOKIES.—2 eggs, ½ cup butter, 1 cup sugar, 2 tablespoons water, 2 teaspoons baking powder, flour enough to roll, flavor with nutmeg or lemon; bake in a hot oven. Good.

This is an old recipe, used over 25 years ago by Mr. Hooey, a baker in Port Hope, Ont., and I have never found a better one.—Mrs. J. Harshan.

2.—2 eggs, 2 cups sugar, 2 cups lard, ½ cup sweet milk, 1 small nutmeg, 2 teaspoons cream tartar, 1 teaspoon soda, add enough flour to roll; bake in quick oven. —Mrs. S. S. Farrington, South Bay, Ont.

3.—2 cups brown sugar, 1 cup pork fryings, 1 egg, 1 cup sour milk, in which dissolve 1 small teaspoon soda; add flour enough to roll out thin, with 1 teaspoon baking powder; flavor with nutmeg and bake in hot oven. These are good.—Mrs. A. W. Rice, Box 334, Dresden, Ont.

4.—1 egg, 1 cup granulated sugar, ½ cup butter, ½ cup sweet milk, 1 cup currants, 2 cups flour, 2 teaspoons baking powder. Roll your dough in a roll about as large as a fifty-cent piece and cut into pieces about ½ inch thick and bake.—Mrs. Wagg, Box 74, Goodwood, Ont.

5.—1 cup butter, 2 cups brown sugar, 3 eggs, ½ teaspoon soda and flour enough to make a stiff dough; roll out thin and bake in rather quick oven.—Mrs. D. E. Thomson, Ardtrea, Ont.

COOKIES WITHOUT EGGS.—2 cups granulated sugar, 1 cup butter, ½ cup buttermilk, 1 teaspoon soda, ½ teaspoon salt, flour to mix stiff. Roll very thin. A few finely chopped nuts or shredded cocoanut added to the cookies make a nice variety.—Mrs. J. H. Wheaton, Thorndale, Ont.

2.—1 cup butter, 2 cups sugar, 1 cup sour cream, soda, enough flour to make it easy to roll. Mix flour and butter together, add sugar and last cream and soda.—Mrs. Arthur D. Boyle, Northwood, Ont.

3.—4 cups sugar, 2 cups lard, 1 pint sour milk, 1 tablespoon soda, 1 teaspoon alum, ginger to taste, add flour. Mix in evening and let stand over night.—Mrs. A. Carnes, Straffordville, Ont.

AMMONIA COOKIES.—1 pint granulated sugar, 1 pint good sweet cream, 1 ounce baking ammonia, ¼ teaspoon salt, lemon essence or vanilla, and flour enough to roll out and cut.—Mrs. E. V. Learn, Mt. Salem, Ont.

2.—1 pint sweet milk, 1 pint sugar, 1 small pint lard, 2 heaping teaspoons ammonia, ½ teaspoon salt, and flour to suit.—Mrs. Wm. Marr, Forks Road, Ont.

BAKERS' COOKIES.—Scald 1 cup molasses, and when cold add 1 cup sugar, 1 egg, 2 tablespoons cold water, 2 tablespoons vinegar, 1 heaping teaspoon soda, 1 teaspoon ginger, flour to make stiff. Roll thin; bake in a quick oven.—Mrs. M. Dixon, Port Wood P.O., Queen's Co., P.E.I.

BOSTON COOKIES.—Cream 1 cup butter, add gradually 1½ cups sugar, 3 eggs well beaten, 1 teaspoon soda dissolved in 1½ tablespoons hot water; then sift together: 3¼ cups flour, ½ teaspoon salt, 1 teaspoon cinnamon. Add ½ of this to mixture, then 1 cup chopped walnuts, 1 cup chopped raisins. Put in the

WHITE SWAN BAKING POWDER is pure and wholesome

rest of flour and stir well. Drop by teaspoons 1 inch apart on buttered pans. Bake in moderate oven.—Mrs. P. J. McNevin, Box 127, Uxbridge, Ont.

BROWN COOKIES.—1½ cups brown sugar, 1 cup butter, ¾ cup currants, 2 eggs, 2 tablespoons sweet milk, very small teaspoon soda, cloves and nutmeg to taste, flour to roll.—Maggie Ebbs, Pense, Sask.

2.—2 cups sugar, ½ cup lard, 2 cups molasses, 3 cups hot water, 2 tablespoons soda; add flour, cloves, cinnamon and ginger to suit.—Mrs. Wm. Marr, Forks Road, Ont.

CARAMEL COOKIES.—2 eggs, 2 cups sugar, 1 cup currants, 1 cup raisins, 1 cup shortening, 3 teaspoons sour cream, 3 teaspoons syrup, 1 teaspoon soda, 1 teaspoon ginger, 1 teaspoon cinnamon, flour to roll out.—Mrs. Amos Crittenden, Keswick, Ont.

CHISPE COOKIES.—1 cup brown sugar, 1 cup white sugar, 3 small teaspoons baking powder, 1 cup sweet cream, butter size of an egg, flour enough to mix in a soft dough; roll to whatever thickness you want and sprinkle with granulated sugar; roll once and cut out, and bake in a hot oven.—Mrs. A. M. Watkins, Forestville, Ont.

COCOANUT COOKIES.—1 cup sugar, 1 cup butter, 3 eggs, 2 teaspoons cream tartar, 1 teaspoon soda, 1 cup cocoanut, just enough milk to wet soda, 2 teaspoons vanilla, and flour enough to roll.

APPLE FILLING FOR CAKE.—2 grated apples, 2 eggs, 1 cup sugar, 1 lemon; boil until thick.—Mrs. John Sloat, Marysville, York Co., N.B.

COCOANUT CREAM COOKIES.—2 eggs, 1 cup sugar, 1 cup cream, ½ cup shredded cocoanut, 3 cups flour, 3 teaspoons baking powder, 1 teaspoon salt; beat the eggs, add the sugar gradually, then the cocoanut, cream and flour with baking powder and salt sifted in it. Toss on floured board; pat and roll out ½ inch thick, sprinkle with cocoanut, cut and bake

on buttered sheet. Seed cookies may be made by using seeds in place of cocoanut.—Mrs. John Woods, Richmond Hill, Ont.

CREAM COOKIES.—2 cups sour cream, 3 cups brown sugar, 1 cup butter, 3 teaspoons soda, ½ a nutmeg grated, 1 teaspoon lemon; flour enough to roll out. Bake in a quick oven. If desired, put currants with ½ the recipe and have 2 kinds of cookies.—Mrs. Edwin B. Kerns, Zimmerman, Ont.

2.—1½ cups butter, 1½ cups sugar, 1 cup thin sweet cream, 1 egg, 3 level teaspoons baking powder; flour to roll soft.—Miss W. A. Mills, Willow Valley, Star City, Sask.

3.—1 egg, 1 cup sugar, 1 cup sour cream, 2½ cups flour, ½ teaspoon soda and 2 spoons baking powder, dash of salt.—Mrs. Frank Franklin, Clear Creek, Ont.

CURRANT COOKIES.—2 eggs, 1½ cups brown sugar, 1 cup butter, 3 tablespoons sweet milk, ½ teaspoon cream tartar, 1 teaspoon soda, ½ teaspoon each of nutmeg, cloves, cinnamon, 1 cup currants.—Mrs. A. Scott, Acton's Corners, Ont.

2.—2 cups brown sugar, 3 eggs, 1 cup butter, 1 cup currants, 1 cup raisins, 1 teaspoon cloves, 1 teaspoon nutmeg, 1 teaspoon cinnamon, 1 teaspoon soda, flour to roll out.—Miss Edyth Sanderson, Claremont, Ont.

3.—2 cups sugar, 1 cup lard, 1 cup currants, 1 teaspoon soda, 1 teaspoon salt; flour enough to roll. Bake in hot oven.—Mrs. Jas. Nickless, Lion's Head, Ont.

DATE COOKIES.—2 cups Graham flour, 2 cups flour, ¾ cup brown sugar, ¾ cup butter and lard, ½ teaspoon soda; enough sour milk to roll out thin and spread over 2 pounds chopped dates, and put 1 layer on top of dates.—Mrs. Kerby Masterson, Power Glen, Ont.

2.—2 cups Graham flour, 2½ cups white flour, 1 cup brown sugar, ½ cup lard, ½ cup milk, 1 teaspoon baking powder; roll, bake and put the following mix-

Everyone enjoys **Cowan's Perfection Cocoa**

ture between: 1 pound dates, 1 cup brown sugar, 1 cup hot water; cook well and put between cookies.—Mrs. A. Plowman, Oshawa, Ont.

3.—1 cup granulated sugar, ½ cup soft butter, 2 cups flour, 4 tablespoons sweet milk, 2 level teaspoons baking powder, ¼ teaspoon salt. Filling—1½ pounds dates, 1½ cups water, 1½ cups sugar, 1½ teaspoons vanilla. Boil 7 minutes, cool and spread between cakes.

4.—2 cups rolled oatmeal, 2 cups flour, 1 cup brown sugar, ¾ cup butter, ½ cup cold water, 1 teaspoon soda. Spread dates between layers and bake like cookies.—Mrs. Wm. M. Chambers, Box 60, Scotland, Ont.

DROP COOKIES.—1 cup sugar, ½ cup butter, 2 eggs, 1 cup milk, 1 teaspoon cream tartar, 1 teaspoon soda, 3 cups flour, 1 cup currants or walnuts; salt and flavor to taste.—Mrs. John Sloat, Marysville, York Co., N.B.

2.—1 cup sugar, ½ cup butter, 1 cup milk, whites 2 eggs, 2 teaspoons baking powder, ½ a nutmeg; flour enough to stir very stiff; drop in spoonfuls on a buttered tin; sprinkle the top with currants and bake quickly.—Mrs. F. P. Boyle, French Village, King's Co., N.B.

3.—1 cup molasses, 1 cup sugar, 1 cup cold water, ⅔ cup lard, 1 heaping teaspoon soda, 1 teaspoon cinnamon, cloves, allspice. Drop in buttered pan.—Mabel Tinkess, Hallville, Ont.

OATMEAL DROP COOKIES.—1 cup raisins, 2 cups sugar, 2 eggs, 1 cup cream, 1 cup butter, 1 teaspoon cinnamon, 1 teaspoon soda, 4 cups oatmeal; enough flour to drop on the bottom of pan; do not roll.—Mrs. Chas. Glenmore, Forks Roads, Ont.

2.—2 cups sugar, 3 eggs, 1 cup butter, 1 cup lard, 4 cups flour, 4½ cups oatmeal, 2 cups raisins, 10 tablespoons sweet milk, 1 teaspoon soda dissolved in the milk, 1 teaspoon cinnamon. Mix well and drop a tea-

spoonful for each cookie, leaving plenty of room to spread.—Mrs. J. Erwell Miller, Wilton, Lennox Co., Ont.

OATMEAL FRUIT DROP COOKIES.—2 eggs, 1 cup brown sugar, 1 tablespoon golden syrup, ¾ cup butter, 4 tablespoons milk, 1 teaspoon soda, spices to suit taste, 1 cup chopped raisins, 1 cup nut meats, 3 small cups oatmeal (rolled oats), 2 good cups flour.—Mrs. Ben Leavens, Bloomfield, Ont.

COCOANUT DROP COOKIES.—Beat 2 eggs, add 1½ cups sugar, 1 cup butter, 1 cup sour cream, ½ teaspoon soda, 2½ cups flour, 1 teaspoon vanilla, and 2 tablespoons desiccated cocoanut. Drop on buttered tins and bake a delicate brown.—Mrs. Owen Davies, Uxbridge, Ont.

NUT DROP COOKIES.—1 cup brown sugar, ½ cup butter, 1 cup chopped raisins, 1 cup chopped walnuts, 1¼ cups flour, 2 eggs, ½ teaspoon soda; flavor with cassia, nutmeg and cloves. Cream the butter and sugar and stir in the well-beaten eggs; mix the raisins, walnuts and spices with the flour and add with the soda dissolved in warm water. Beat thoroughly and drop a teaspoon on baking pan.—Mrs. John McLeod, Kars, Ont.

DUTCH COOKIES.—1 cup sour cream, 1 cup brown sugar, 1 cup molasses. If cream is very rich, use 1 egg. Roll out and sprinkle with sugar.—Mrs. John A. Riggs, Merton, Ont.

EASTER COOKIES.—2 cups flour, 1 cup butter, ½ cup sugar, 3 eggs, 2 heaping teaspoons baking powder, 1 teaspoon lemon flavoring. Cream the butter and sugar, add the eggs and rest of ingredients, roll thin and bake in a quick oven.—Rilla B. Barker, Hartney, Man.

EGG COOKIES.—Mix 1 cup butter, 1 cup sugar, 3 eggs together; sift 2 teaspoons baking powder and 1 teaspoon cream tartar with just enough flour to roll. Bake in a moderate oven.—Mrs. Melvin Rupert, Melfort, Sask.

WHITE SWAN YEAST CAKES are absolutely guaranteed

EGGLESS COOKIES.—1 cup lard, 2 cups brown sugar, 1 cup sweet milk, ½ teaspoon soda, ½ teaspoon salt, flour to roll. Bake in a quick oven.—Mrs. McTavish, Box 133, Shakespeare, Ont.

FILLED COOKIES.—1 cup sugar, 1 cup lard or butter, 2 eggs, ½ cup sweet milk, 2 teaspoons cream tartar, 1 teaspoon soda, flour to roll out soft. Filling.—1 cup raisins chopped fine, ½ cup boiling water, 1 large cup sugar. Put on the stove, and when boiling stir in 2 tablespoons of flour. When cold, spread between the cookies, which must be rolled very thin and cut out round or square, and bake.—Mrs. Annie Burpee Rowe, Upper Maugerville, N.B.

FRUIT COOKIES.—1½ cups sugar, 1 cup butter, ½ cup sweet milk, 1 egg, 2 teaspoons baking powder, 1 teaspoon grated nutmeg, ½ cup currants. Mix soft and roll out, using just enough flour to stiffen sufficiently, cut out with a large cutter, wet the tops with milk and sprinkle sugar over them. Bake on buttered tins in quick oven.—Mrs. Alex. McGaffey, Box 19, Bothwell P.O., Ont.

2.—Seed and chop finely 1 cup raisins; flour these and set them aside. Beat together 1½ cups brown sugar and 1 cup shortening (butter and lard mixed); when creamy, add 1 beaten egg, 4 tablespoons sweet milk, 1 teaspoon baking soda and enough flour to make a stiff batter; add floured raisins with grated nutmeg, cinnamon and ground cloves to taste; add enough more flour to make a stiff dough, roll rather thin and bake in quick oven.—Hazel M. Crabbe, Central Norton, King's Co., N.B.

3.—2 cups white sugar, 1 cup butter, 2 cups chopped raisins, 2 eggs, ½ cup buttermilk, 1 heaping teaspoon soda, 1 nutmeg. Mix butter soft and bake carefully.—Miss Edric Nott, Fingal, Ont.

4.—2 cups brown sugar, 1¼ cups butter, 1 cup raisins chopped and seeded, 1 cup currants, 3 eggs, 1 teaspoon cinnamon, 1 teaspoon coffee, 1 teaspoon lemon

essence, 1 teaspoon nutmeg, 1 teaspoon soda dissolved in a very little water. Mix soft.—MRS. O. G. NYHSWANDER, Atha, Ont.

5.—2 cups brown sugar, 1⅓ cups butter and lard, 3 eggs, 1 cup raisins, 1 cup currants, 1 teaspoon soda, cinnamon and nutmeg, flour to mix stiff.—MRS. HERMAN C. REESOR, Mongolia, Ont.

6.—3 eggs, 1 cup butter, 2 cups white sugar, 3 tablespoons sweet milk, 1 tablespoon syrup, ½ cup currants, ½ cup raisins and some lemon peel, 2 teaspoons baking powder, flour enough to roll, sprinkle with cocoanut.—MRS. A. E. WHITE, Whitevale, Ont.

FRUIT DROP COOKIES.—2 cups brown sugar, 1 cup lard and butter, 1 cup sour milk, 1 cup chopped nuts, 1 cup figs or raisins (chopped), 3 eggs, 4 cups flour, 1 teaspoon soda, ½ teaspoon ground cinnamon and ½ teaspoon ground cloves. Drop on buttered baking pans with spoon, according to size desired.—MRS. E. B. PALMER, Norwich, Ont.

FRUIT SNAPS.—1 cup butter, 1½ cups sugar, ½ cup molasses, 3 eggs, 1 teaspoon soda, 1 cup each of raisins and currants, 1 teaspoon each of ginger, cloves, cinnamon, and allspice; flour to roll as soft as can be cut. These will keep several months.—MISS MAY WHALEY, Brownsville, Ont.

GRANDMOTHER'S COOKIES (excellent).—1 cup sugar, 1 egg, ½ cup shortening, 1 cup sweet milk, 3 teaspoons baking powder; flour enough to roll.—MRS. JOHN HART, Barryvale, Ont.

GRAPENUT COOKIES.—1 cup grapenut, 1 cup sugar, 1 cup shortening, butter and lard mixed, scant ½ cup milk, ½ teaspoon soda, ½ teaspoon baking powder, spices to taste, cinnamon or cloves; flour to make stiff.—MRS. A. INNES, Box 231, Clinton, Ont.

GINGER COOKIES.—1 cup sugar, 1 cup butter or lard, 1 cup baking syrup, 1 egg, 1 tablespoon ginger, 1 cup buttermilk, 2 teaspoons soda, flour enough to roll out easily.—MRS. HIRAM SWITZER, Ashton, Ont.

Cowan's Supreme Chocolate—The finest cooking chocolate

2.—1 cup melted butter, 1 cup dark sugar, 1 egg, 1 cup molasses, ½ cup buttermilk, heaping teaspoon soda, spice to taste; make moderately stiff dough.—Mrs. T. MacDougal, Box 183, Blenheim, Ont.

3.—1 cup sugar, 1 cup molasses, 1 cup butter, 1 egg, 1 tablespoon vinegar and 1 of ginger, 1 teaspoon soda dissolved in boiling water; mix cookie dough rather soft.—Mrs. Thos. Marshall, Ambrose, Ont.

4.—1½ cups butter and lard mixed, 2 cups brown sugar, 1 pint molasses, ½ cup warm water, 3 teaspoons soda, 3 teaspoons ginger, 2 salt, 2 cloves, or other spice. Boil mixture; when cool add 2 eggs and flour to thicken. —Mrs. E. Morrow, Keenansville, Ont.

OATMEAL GINGER COOKIES.—2 cups oatmeal, 2 cups flour, ½ cup butter, 1½ cups yellow sugar, 1 cup molasses, 1 teaspoon soda, 1 tablespoon ginger. Mix molasses, sugar and butter; dissolve soda in 1 tablespoon water; add all together, roll thin and bake slowly.—Mrs. George Henry, Windham Centre, Ont.

GINGER SNAPS.—2 cups brown sugar, 1 cup butter, 1 cup golden molasses, 2 eggs, 1 tablespoon soda, 2 tablespoons ginger, 1 tablespoon cinnamon, 1 nutmeg, flour to roll. Take a portion the size of a walnut, roll in a ball instead of cutting with cutter, and place on buttered pan and bake.—Mrs. G. Hisey, Edgeley P.O., Ont.

2.—1 tablespoon ginger, 1 cup syrup, ¾ cup lard, 1 cup granulated sugar. Put all this together and let come to a boil, then add to this just before removing from the stove 1 teaspoon soda dissolved in a little warm water. Let this mix, cool and then add enough flour to roll out thin.—Miss Jennie Beaton, Loree P.O., Ont.

GOOD COOKIES.—2 cups sugar, ¾ cup butter, 1 egg, 1 cup sour cream, 1 teaspoon soda; beat well together the sugar, butter and egg, then add cream with soda in it. Add to this sufficient flour to make nice soft dough, roll thin; sprinkle granulated sugar over

top of them before going into oven. Bake lightly. This makes a good cookie warm or cold.—A. ETHEL MOORHOUSE, Cairo, Ont.

HERMIT COOKIES.—2 eggs, 1 large cup sugar, ¾ cup shortening, ½ cup sour milk, ¾ teaspoon soda, ½ teaspoon cinnamon, 2 cups oatmeal, 1 cup chopped raisins. Drop in tins and bake.—MRS. M. HOLTBY, Manchester, Ont.

2.—1½ cups sugar, 1 cup butter, 3 eggs, 1 large cup raisins stoned and chopped, 1 teaspoon mixed spice and ½ nutmeg, 2 teaspoons baking powder; flour to roll out.—MRS. THOS. SMITH, Jamestown, Ont.

HONEY COOKIES.—2 eggs, 1 cup sugar, 1 cup honey, 1 teaspoon soda, 1 tablespoon ginger, cinnamon, a little allspice.—MRS. M. HOLTBY, Manchester, Ont.

JENNIE MURPHY'S COOKIES.—1 cup granulated sugar, 1 cup lard, 1 teaspoon salt, ½ cup sweet milk, 2 eggs, 1 teaspoon soda, 2 teaspoons baking powder, ½ a nutmeg.—MRS. T. E. MURPHY, Ambrose, Ont.

LEMON COOKIES (recipe makes 100).—2 eggs, 2 cups granulated sugar, 1 cup butter, 1 cup lard, 5c. oil lemon, 5c. cooking ammonia, pint sweet milk, flour to make a stiff dough; roll out and cut in medium size.—MRS. A. P. COULTER, Kent Bridge, Ont.

2.—3 cups granulated sugar, 2 cups sweet milk, 2 eggs, 1 cup lard, 5 cents baking ammonia, 5 cents oil of lemon, ½ teaspoon salt.—MRS. NEIL A. LEITCH, Elgin St., Alvinston, Ont.

MAPLE SUGAR COOKIES.—2 large cups maple sugar, 2 eggs, 1 cup butter, 2 tablespoons sweet milk, 1 teaspoon cream tartar, ½ teaspoon soda, flour enough to roll soft.—MRS. WALTER EDWARDS, Cookshire, Que.

MOLASSES COOKIES.—1 cup molasses, 1 teaspoon soda, ½ cup shortening, 1 teaspoon cinnamon, 1 tablespoon milk, salt, flour to make stiff.—M. LIZZIE MUIR, Belle Isle Creek, King's Co., N.B.

WHITE SWAN SPICES most economical and sure

2.—1 cup each of molasses, sugar and shortening, 1 egg, 6 tablespoons boiling water, 2 teaspoons soda, 1 teaspoon cinnamon, salt according to shortening used, and ginger to taste; add flour to make a soft dough and bake in oven as hot as may be without scorching.—Mrs. Melvin Rupert, Melfort, Sask.

3.—2 cups molasses, 1 cup yellow sugar, 1 cup butter, 1 cup sour milk, 1 large teaspoon baking soda, 1 teaspoon ginger, salt, flour to mix as soft as can be rolled. —Mrs. N. Fansher, Aylmer, Ont.

MOTHER CHRISTIE'S COOKIES.—3 eggs, 2 cups sugar, 1 cup butter, 1 cup currants, 1 quart flour, 1½ teaspoons baking powder. Use more flour if necessary to make it stiff. Roll thin and bake in a pretty hot oven.—Mrs. Hy. Young, Chepstow, Ont.

NICE COOKIES.—2 eggs, 1 cup brown sugar, ½ cup butter, 2 tablespoons sweet milk, 2 teaspoons baking powder, flour enough to stiffen, mix soft and flavor with vanilla.—Mrs. Will Coburn, Box 52, Alliston, Ont.

No. 1 COOKIES.—5 cups flour, 2 cups sugar, 1 cup butter, 1 egg, 1 teaspoon soda. Mix the butter to a cream, then add sugar, etc. Roll thin, cut in cakes.— S. R. Schmidt, Hammonds, Halifax Co., N.S.

NUT COOKIES.—1 egg, ½ cup granulated sugar, ½ cup maple syrup, ½ cup melted butter, 1 teaspoon soda dissolved in warm water, 1¼ cups flour, season with cinnamon, cloves and nutmeg, also add ½ cup nut meats and ½ cup chopped raisins. Drop 1 teaspoon of mixture in a place on a buttered tin and bake in quick oven. —Anna Stevens, Phillipsville, Ont.

PEANUT COOKIES.—1 cup sugar, 2 eggs, 4 tablespoons milk, 1 teaspoon salt, 2 teaspoons soda, 1 teaspoon cream tartar, 2 tablespoons butter, 1 cup chopped peanuts.—Bertha Ager, Nashville, Ont.

2.—1 pint peanuts chopped fine, 2 tablespoons butter, 1 cup sugar, 3 eggs, 1 teaspoon baking powder, 2 tablespoons milk, a pinch of salt; cream butter and sugar, add the beaten eggs, nuts and other ingredients,

and enough flour to make a soft dough. Roll and cut in circles.—Mrs. J. J. Ward, Ashburn, Ont.

OATMEAL COOKIES.—2 cups oatmeal, 2 cups flour, 1 cup white sugar, 1 teaspoon salt, 1 teaspoon soda, 1 cup butter and lard, ½ cup sour milk. Put all in pan but sour milk and soda, mix well, then add milk and soda; roll out thin. Have 1 pound of dates cooked with 1 cup sugar, put a few dates in centre of cake, then place another thin rolled cake on top of dates, press down the top cake good around edges, then bake.—Mrs. L. H. Lipsit, Straffordville, Ont.

2.—1 cup lard and butter mixed, 1 cup brown sugar, 2 eggs, 7 teaspoons sour cream, 1 teaspoon soda, 1 teaspoon cinnamon, ¼ teaspoon nutmeg, 2 cups flour, a little salt, 1 cup chopped raisins, ½ cup chopped nuts. Do not bake too quickly.—Miss Ethel Jones, Glasgow P.O., Ont.

3.—1 cup white sugar, 1 cup shortening, 1 cup hot water, ½ teaspoon soda in the water, a good pinch salt, oatmeal enough to make a soft dough, and flour to stiffen enough to roll very thin.—Mrs. H. Coulson, Milton, Man.

4.—3 cups oatmeal, 3 cups flour, 2 cups brown sugar, 3 eggs, 1 teaspoon soda, ¾ cup butter and lard. Take the yolk of 1 egg well beaten and wet the top of each cookie before baking.—Mrs. Ervin Snyder, Box 135, Baden, Ont.

5.—3 cups oatmeal, 2 cups flour, 2 cups sugar, 1½ cups shortening, ½ teaspoon ground cloves, 1 teaspoon soda dissolved in a little cold water, ½ cup boiling water, flour enough to roll out.—Mrs. Arthur Neidrower, Simcoe, Ont.

Also by Miss Beryl Rouson, Courtland, Ont.

6.—3 cups rolled oats, 2 cups flour, 2 cups brown sugar, 1 cup shortening, butter or lard, ½ teacup boiling water with a small teaspoon soda. Mix the rolled oats, flour and sugar first, then rub in the lard, and wet with the water with a little salt; roll out thin and bake in a quick oven.—Mrs. J. R. Shanks, Wheatland, Man.

Choose from 8 flavors of **Cowan's Cake Icings**

RAISIN COOKIES.—2 eggs, 1½ cups sugar, 1 cup shortening, ½ cup sweet cream, 1 cup raisins seeded and chopped, 2 teaspoons baking powder, a little nutmeg and flour enough to make a soft dough.—MAGGIE CRYDERMAN, Thamesville, Ont.

SOFT COOKIES.—1 heaping cup butter, 1½ cups sugar, 2 eggs, 3 tablespoons sour milk, a small teaspoon soda and as little flour as will roll them. Flavor them with vanilla or lemon.—CLARE TANSEY, Acton's Corners, Ont.

2.—2 cups brown sugar, 1 cup butter, 2 eggs, 1 cup sour cream, 1 teaspoon soda, just enough flour to roll. Bake quickly.—MRS. N. GRIFFIN, R.M.D. 1, Oshawa, Ont.

SOUR MILK COOKIES.—3 cups sugar, 2 eggs, 1 cup sour milk, 1 cup shortening, 2 teaspoons vanilla, 2 teaspoons baking powder, 1 teaspoon soda, flour to make a stiff dough. Mix up the night before and next day roll out and bake.—MRS. FRANK FULSON, Selkirk, Ont.

SPICE COOKIES.—4 cups flour, 1 cup lard or dripping rubbed well together, add ½ cup brown sugar, ½ cup molasses, 1 cup currants, 1 teaspoon soda; mix with buttermilk or sour milk till stiff enough to roll ¼ inch. Cut as desired and bake in a moderate oven till a dark brown.

GINGER SNAPS.—Boil 1 cup brown sugar, 1 cup molasses, 1 cup lard, for a few minutes, then stir in 1 teaspoon soda, 3 teaspoons ginger, enough flour to make a stiff dough; roll out thin and cut as desired. Bake in a moderate oven till a dark brown.—MRS. WM. GORDON, Jarratt, Ont.

SUGAR COOKIES.—1 cup sugar, ½ cup lard or butter, ½ cup sour milk, ½ teaspoon soda, just enough flour to roll; bake quickly. Add any flavoring you wish. No eggs are required.—MRS. ENOCH GODFREY, Centre Napan, Northumberland Co., N.B.

2.—2 eggs, 1 cup sugar, ½ cup butter, 2 teaspoons cream tartar, 1 teaspoon soda, 6 tablespoons milk, flour enough to roll easy, 1 teaspoon vanilla.—Mrs. A. A. McClean, Lime Hill, N.S.

TEA COOKIES.—3 eggs, 1 cup butter, 1 cup sour cream, 2 cups sugar, half of each, 1 teaspoon soda, 1 quart flour. Bake in a hot oven.—Mrs. Marchmount Smith, care C. Baldwin, Scotland, Ont.

2.—1½ cups sugar, 1 cup butter, 1 teaspoon soda sifted with flour 3 times, 4 eggs, a little grated nutmeg, flour enough to handle nicely without sticking. Bake in quick oven.

TEA CAKES OR COOKIES WITHOUT EGGS.—1 cup thick sour cream, 1 cup sugar, ¼ teaspoon salt, 1 teaspoon soda, sifted into flour 3 times, a little grated nutmeg, or seasoning to taste (cocoanut sprinkled on top and rolled in just before cutting makes a nice change). Flour to handle nicely without sticking. Bake in a quick oven.—Mrs. M. D. Wood, Box 56, Springford, Ont.

TOOTHSOME COOKIES.—3 eggs, 2 cups sugar, 1 cup butter, 12 tablespoons milk, 3 tablespoons baking powder, 2 quarts flour. Roll thin, bake quick to a light brown. This is very good, and keeps well.—Mrs. E. F. Caniff, Kent Bridge, Ont.

WHEATLET COOKIES.—2 cups wheatlets, 2½ cups flour, 2 teaspoons baking powder, 1 cup brown sugar, ½ cup lard and ½ cup butter; rub all together, then add ½ cup sweet milk. Mix into dough and roll out thin, bake. These are still better with dates between.—Mrs. Wilfred Hamilton, Brougham P.O., Ont.

WHITE COOKIES.—2 eggs, 1½ cups sugar, 1 heaping cup shortening, ½ cup sweet milk, 2 tablespoons vinegar, 1 teaspoon soda, 1 teaspoon baking powder; season to taste. Mix them up with a spoon, and stir all the flour you can in before taking on the board.

WHITE SWAN YEAST CAKES make light, white, sweet and health-giving bread

Have them stiff enough not to stick to board. I put currants in part of the dough.—Mrs. L. B. Myers, Lynn Valley, Ont.

2.—2 cups lard, 2 cups buttermilk, 2 eggs, ½ teaspoon soda, 2 teaspoons baking powder, 3 cups sugar; flour to roll.—Mrs. B. L. Miller, Kent Bridge, Ont

3.—1 cup granulated sugar, 1 cup sour cream, 1 teaspoon cream tartar, 1 teaspoon soda, 1 tablespoon butter and salt and nutmeg; flour to mix and roll.—Mrs. Earl Cefell, Glenwood, Ont.

VANILLA COOKIES.—4 eggs, 1 cup butter, 2 cups granulated sugar, 2 cups flour, ½ teaspoon soda, 1 of cream tartar, teaspoon vanilla.—Mrs. John S. Smoke, Mount Nemo, Ont.

SUGGESTIONS.

In making cake it is desirable that the materials be of the finest quality. Sweet, fresh butter, eggs and good flour are the first essentials. The process of putting together being also an important feature, it would be well to observe the following directions: Never allow the butter to oil, but soften it by putting in a warm place before you commence preparations for your cake; then put it into an earthen dish (tin, if not new, will discolor your cake as you stir it), beat the sugar and butter to a cream; add the yolks of the eggs and flour. Spices and liquors may be added after the yolks of the eggs are put in and fruit should be put in with the flour. The oven should be hot for small cakes.—Mrs. Thos. Smith, Jamestown, Ont.

In cases of emergency for the Young Housewife, if too far from the store and want moulds for your Christmas cake, get some cardboard; shape it any size you like, set them on pie plates—they answer the purpose. Tomato or salmon cans make pretty moulds for small loaves of bread for tea; cut in pretty round rings.—Mrs. Grace Goulter, Shanty Bay P.O., On

CANDY

TESTS FOR CANDY WHEN COOKED.—1. Soft ball—forms a ball in water when mixed with the fingers soft and pliable. 2. Hard ball—crackles when dropped in water, forms a hard ball.

BUTTER SCOTCH.—3 tablespoons sugar, 3 tablespoons molasses, 2 tablespoons water, 1 tablespoon butter, 1 saltspoon soda. Boil all together without stirring till it hardens in water, then put in a small teaspoon of vanilla and pour at once on a buttered platter; when hard break into squares.—IDA MOFFAT, Box 203, North Sydney, C.B.

HONEY CARAMELS.—1 cup extracted honey of best flavor, 1 cup granulated sugar, 3 tablespoons sweet cream or milk. Boil to "soft crack," or until it hardens when dropped into cold water, but not too brittle—just so it will form into a soft ball when taken in the fingers. Pour into a greased dish, stirring in a teaspoon extract of vanilla just as removed from the stove.—By Courtesy of WOMEN'S INSTITUTE SECTION of Dept. of Agriculture.

COCOANUT CANDY.—2 cups sugar, 1 cup water, shredded cocoanut, 3 squares chocolate; boil sugar and water to a syrup, or till it forms when dropped in water; mix in cocoanut and chocolate and beat till it gets thick and creamy; add 1 teaspoon vanilla.—IDA MOFFAT, Box 203, North Sydney, Cape Breton.

2.—¾ cup sugar, ¼ cup water, 1 teaspoon vinegar, 1 tablespoon cocoanut. Cook sugar, water and vinegar to soft ball stage, add cocoanut, beat until creamy, pour out on buttered plate.—MRS. MILTON SAVAGE, Elgin Mills, Ont.

3.—2 cups white sugar, ½ cup milk, 1 tablespoon butter, 1 cup cocoanut; mix in granite dish and boil 4

minutes, stirring constantly on stove, and after removing from fire until it cools, mark into squares.—Mrs. R. S. Fleming, Washington, Ont.

COCOANUT DROPS.—To 1 grated cocoanut add half its weight of sugar and the white of one egg, beat to a froth; mix thoroughly and drop on buttered white paper or tin sheets. Bake 15 minutes.—Mrs. John Woods, Richmond Hill, Ont.

CRACKLE CANDY.—2 cups granulated sugar, butter size of small egg, 1 cup water, 1 teaspoon lemon juice. When it hardens in cold water, remove from fire and flavor with 1 teaspoon vanilla. As soon as cool enough to handle, flour the hands and pull.—Mrs. Jas. McKenzie, Box 335, Portage la Prairie, Man.

DIVINITY CANDY.—Put into a saucepan 2 cups white sugar, ½ cup corn syrup, ½ cup cold water; boil this until it will harden in water. Have ready the beaten whites of 2 eggs; when the syrup has boiled sufficiently beat it into the whites of the eggs and add vanilla. Add nut meats just before turning out in the pan. This candy is better when a couple of days old than when first made.—Mrs. Guy Simmons, Wilton, Lennox Co., Ont.

FLUFF.—2 cups brown sugar, 1 cup water; boil the sugar and water till it forms a ball when dropped into water; beat the white of 1 egg, pour in the boiled sugar and water and beat until thick, add 1 teaspoon vanilla, put on buttered platter and let stand till cool.—Ida Moffat, Box 203, North Sydney, C.B.

FORDANT.—2 cups sugar, 2 cups water, ¼ teaspoon cream tartar; stir until dissolved, let boil until it reaches soft ball stage; stand at once in pan of cold water; when cooled enough that you can stand your finger in it stir vigorously with stick. Precaution.—Never jar saucepan after it starts to boil. Do not attempt on wet day. Keep crystals wiped off sides.—Mrs. Milton Savage, Elgin Mills, Ont.

FUDGE.—2 cups granulated sugar, ½ cup cocoa, a pinch of salt; stir well together, add 1 cup milk, a little at a time, stirring thoroughly. When well blended, place on stove over a brisk flame and stir constantly. When done, candy will not separate upon being dropped into a glass of cold water, but will adhere together like gum on the bottom. Just before removing from stove, add a lump of butter the size of an egg; when this has melted, add ½ teaspoon cream tartar (or equal parts soda and baking powder). When candy foams up in kettle remove from fire at once and add vanilla and beat briskly until stiff. Nuts may be added after it has been beaten for a few moments. Pour into a buttered plate and mark in squares when cold.—EDITH CAREW.

2.—2 cups sugar, ¾ cup cream (if milk is used, ½ cup will be enough), butter size of an egg, ½ cup grated Cowan's Perfection Chocolate or Cocoa; mix your sugar and chocolate before adding cream; boil until it balls in water. Remove from stove, add flavoring and beat until cool enough to turn in buttered pan.—MRS. G. A. BLACK, Villagedale, Shelburne Co., N.S.

3.—2 cups brown sugar, ½ cup granulated sugar, ¼ cup sweet milk; stir well and place on stove to boil slowly till like taffy, then remove and stir until it begins to sugar; pour in buttered dish and let stand to cool; cut in squares. A few English walnuts added before pouring out in buttered dish make a great improvement.—MRS. P. T. GALBRAITH, Waterford, Ont.

CHOCOLATE FUDGE.—1 cup granulated sugar, 1 cup brown sugar, ⅔ cup milk, 1 tablespoon butter, 2 ounces Cowan's Perfection Chocolate, 1 tablespoon vanilla. Heat sugar, milk and butter to boiling point, add chocolate, stirring constantly until it is melted; boil until mixture forms a soft ball in cold water. Remove from fire, cool slightly, add vanilla and beat until creamy and until mixture begins to sugar slightly around edge of pan. Pour on buttered plate and when cool enough mark in squares.—MRS. N. R. BLAKELY, Mabee, Norfolk Co., Ont.

When you entertain serve **Cowan's Perfection Cocoa**

COMBINATION FUDGE.—In one pan put 3 cups coffee sugar and 1 cup milk, boil until it forms a soft ball in water, then add 1 teaspoon butter and let boil up. Take from the fire and allow it to cool so the hand may rest upon it; beat with a spoon, adding, after it begins to thicken, 1 teaspoon vanilla and 1 cup broken English walnuts. After this is out of the way, put into another pan 2 cups granulated sugar, ¾ cup milk, 1 square unsweetened chocolate; cook 8 minutes, then add butter size of a small egg. When it makes a firm ball in water take from the fire and add a few drops of vanilla; beat until like very cold molasses, then pour into the pan that contains the other fudge; it will harden over the other and can be cut in squares.

FRUIT FUDGE CANDY.—½ pound chopped walnuts, ½ pound prunes, ½ pound figs, ½ pound dates, ½ pound raisins, 2 handfuls cocoanut; chop very fine and mix well, pack in mould, cut in squares, and roll in white sugar.—Miss Florence L. Scott, Acton's Corners, Ont.

MAPLE FUDGE.—1 cup maple syrup, ⅓ cup milk, 1½ cups brown sugar; cook until a little dropped in cold water will thicken, then remove from fire and when nearly cold, stir in a few nuts; pour into a square pan and cut in squares.—E. Burness Henderson, Keady P.O., Ont.

MAPLE CREAM FUDGE.—Take 2 cups brown sugar and ½ cup cream (or milk), and let boil without stirring for 20 minutes, or until it threads when held up with the spoon; then take off and beat for a few minutes, until it begins to harden; add 1 cup hickorynut meats, or 1 teaspoon vanilla, to flavor, and pour out on a buttered pie tin or platter.—Miss Jessie McFarlane, Cayuga, Ont.

GLACE NUTS.—2 cups granulated sugar, 1 cup boiling water, ¼ cup white wine vinegar; boil sugar and water without stirring until thick, then add vinegar until, when dropped in cold water, it cracks, then set

the saucepan on warm place, but not where it can boil. Stick nuts on ends of hat pins and, taking 2 at a time, dip into the taffy. Hold in cool place until hard enough to handle them, then drop on tin plate. Figs and dates are also nice done this way.—Mrs. H. B. Ohrt, 20 Farnham Ave., Toronto, Ont.

HONEY TAFFY.—1 pint white sugar, 4 tablespoons honey, a little water; boil till brittle and pull.—Mrs. John Pringle, 97 Peter St., Hamilton, Ont.

KISSES.—Whites of 2 eggs beaten to a stiff froth, 1 cup powdered sugar; beat this together 15 minutes, drop in teaspoonfuls on brown paper, put on a dripping pan turned bottom side up in the oven, bake until a crust forms on them.—Mrs. Thomas Smith, Jamestown, Ont.

2.—Whites of 3 eggs beaten until stiff, 1 pound icing sugar, 1 pound grated cocoanut; beat all together until stiff, drop in a buttered pan and cook until brown. —A. M. Northgraves, Nantyr, Ont.

LEMON CANDY.—Put into a kettle 3½ pounds sugar, 1½ pints water, 1 teaspoon cream tartar; let boil until it becomes brittle when dropped into cold water; when sufficiently done take off fire and pour into a shallow dish which has been greased with a little butter. When this has been cooled so that it can be handled, add a teaspoon tartaric acid, and same quantity of extract of lemon, and work them into the mass until evenly distributed, and no more, as it will tend to destroy the transparency of the candy.—Mrs. John Woods, Richmond Hill, Ont.

MAPLE CREAM CANDY.—3 cups brown sugar, ½ cup sweet milk, 1½ tablespoons butter, ¾ teaspoon vanilla, pinch salt; boil gently without stirring until it reaches the soft ball stage in cold water. When nearly done add butter, when done set away for 10 minutes, and then beat until creamy, and just before cold pour into a buttered dish.—Mrs. Mary Moulton.

MAPLE CREAM.—3 cups brown sugar, ¾ cup milk, butter size of walnut; boil until it forms a soft ball, when put in water, and then take it off and beat well.—Miss Josephine Woodcock.

2.—2 pounds brown sugar, ½ pound almonds, blanched and cut in pieces, ½ pint sweet cream; boil sugar and cream together until, when dropped into a little cold water, it forms into a firm ball, add nuts, beat until cold, or firm enough to spread on buttered tins.—Mrs. H. C. Black, Thornton, Ont.

3.—2 cups brown sugar, ½ cup rich milk or cream; boil 5 minutes, then add piece butter size of a walnut, 1 teaspoon vanilla, cup chopped walnut meats; beat mixture till thick and creamy. Turn in buttered tins and cool.—Mrs. John S. Smoke, Mount Nemo, Ont.

MAPLE MOUSSE.—1 cup maple syrup, 1 pint whipped cream, yolks of 4 eggs, or 2 whole eggs; boil the syrup and pour it over the well-beaten eggs; when cold, add to it the whipped cream, pour into a covered dish and pack in ice and salt for 3 or 4 hours; use plenty salt.—Bessie McGugan, Rodney, Ont.

MAPLE WALNUT.—Heat 1 cup powdered sugar, ½ cup maple syrup, ¼ cup milk, 1 tablespoon butter, and let boil until a soft ball may be made, when mixture is tried in water. Remove from fire and beat until creamy, add 1 cup walnuts, broken in pieces, with a little salt.—Mrs. H. B. Ohrt, 20 Farnham Ave., Toronto, Ont.

MARGUERITES.—Boil 1 cup sugar and ½ cup water until it threads; remove to back of range and drop in marshmallows cut in pieces. Let stand to dissolve, then gradually pour on to the whites of 2 eggs beaten until foamy. Add 2 tablespoons shredded cocoanut and ¼ teaspoon vanilla. When partially cool add 1 cup chopped walnuts. Spread on saltines and brown slightly in hot oven.—Mrs. John Woods, Richmond Hill, Ont

MARSHMALLOWS.—Dissolve 1 package granulated gelatine in 12 tablespoons cold water, letting stand while sugar boils; boil 4 cups granulated sugar, moistened with 16 tablespoons water, until it threads; pour hot liquid over gelatine and beat 20 to 25 minutes, having a pan sprinkled with 3 teaspoons powdered sugar and 1 cornstarch; let stand for 1 day and night, cut in strips 3 inches long 1 inch wide.—Mrs. Thos. E. Martin, Box 441, Thamesville, Ont.

2.—2 tablespoons Knox's gelatine (slightly rounded), 2 cups granulated sugar, speck salt, flavoring to taste. Soak the gelatine in 8 tablespoons cold water; heat the sugar with ½ cup of water until dissolved; add gelatine to syrup and just bring it to the boil, take off the stove and let it stand in a bowl until partially cool; add salt and flavoring, beat with a whip until soft, then with a large spoon, until only soft enough to settle into a sheet; dust granite pans thickly with fine powdered sugar, pour in the candy about ½ inch deep, and set to cool until it will not come off on the finger. Turn out on powdered paper, cut in cubes and roll in sugar. Nuts, chocolate, or candied fruit, may be beaten in. Fruit juice in place, in part of the water. The plain marshmallows may be rolled in grated cocoanut before being powdered.—Ethel Heron, Regina, Sask.

MEXICAN CANDY.—5 cups granulated sugar, 1 cup golden syrup, 1 cup water, 4 egg whites, 1 cup chopped walnuts, flavoring. Method: Put sugar, water and syrup on to boil and stir until it melts, beat the egg whites; after the mixture has boiled a few minutes, pour 1 cup over the egg whites, then let the remainder boil until it hairs. Add nuts and pour over the eggs. Beat until stiff; when partially cool, beat in the flavoring, pour on buttered plates and cut in squares as used. —Ethel Heron, Regina, Sask.

MOLASSES CANDY.—¼ cup molasses, ¾ cup sugar, ¼ cup water, 3 teaspoons vinegar, ¼ teaspoon cream tartar to 3 cups sugar, 1 tablespoon butter, speck soda; bring first four materials to a boil, add

WHITE SWAN YEAST CAKES the best on the market

cream tartar, cook to hard ball stage, add butter and soda, pour out on buttered plate, pull.—Mrs. Milton Savage, Elgin Mills, Ont.

2.—1 cup molasses, 1 cup sugar, 1 tablespoon vinegar, a little butter and vanilla; boil 15 minutes, then pull.—Mrs. Peter Hill, Burtch, Ont.

A PEANUT BRITTLE.—⅓ cup granulated sugar, ¾ cup unshelled peanuts; shell peanuts and remove brown skin, roll nuts until broken fine; put sugar in frying-pan and heat, stirring constantly until melted; add rolled nuts, mix thoroughly and turn at once on an unbuttered pan inverted; roll to desired thickness and mark in squares before it hardens.—Mrs. W. R. Blakley, Mabee, Norfolk Co., Ont.

PEANUT CANDY.—2 cups granulated sugar, put in granite dish on a hot fire and stir till all is a golden brown, have peanuts shelled and broken up on a buttered platter, and pour the hot melted sugar over and set away to cool, then break up into small pieces.—Mrs. John Archer, Newbury, Ont.

2.—1 quart molasses, 1 cup sugar, ¼ cup butter, boil rapidly until it will snap when dropped in cold water, then add a level teaspoon soda, and stir a moment; have ready 1 quart shelled peanuts, add them to candy, and stir enough to mix well, pour in greased tin, and when partly cold, pull.—A. M. Pender, Clones, Queen's Co., N.B.

PENOCHE.—1 cup light brown sugar, 1 cup cream, 1 cup walnuts, chopped fine, butter size of a walnut, 1 teaspoon vanilla; cook the sugar and cream in water till it makes a ball in water, then put in the butter, vanilla and nuts, and beat creamy, and spread on a platter.—Miss Vera Wilson, Eden, Ont.

SEA FOAM.—1 white of egg, 2½ cups brown sugar, ½ cup water, 1 cup chopped walnuts, vanilla. Cook sugar and water just past soft ball stage, pour into beaten white, add nuts and vanilla. Drop by spoon-

fuls on to buttered paper.—Mrs. Milton Savage, Elgin Mills, Ont.

EVERTON TOFFEE.—1 pound treacle, same quantity moist sugar, ½ pound butter, put into a saucepan large enough to allow of fast boiling over a clear fire; put butter first and rub well over bottom of saucepan, and add treacle and sugar, stirring gently with a knife; after it has boiled about 10 minutes, ascertain if it is done by dropping a little into cold water from point of knife; if sufficiently done it will be quite crisp when taken from the water. Butter a shallow tin, pan or dish and pour toffee from saucepan into dish to cool.—Mrs. John Woods, Richmond Hill, Ont.

SUGAR TOFFEE.—3 pounds best brown sugar, 1 pound butter, enough water to moisten sugar; boil until crisp when dropped into cold water, then pour into pans or upon platters as thin as possible. Usually requires ¾ hour boiling fast without stirring.—Mrs. John Woods, Richmond Hill, Ont.

HONEY POP-CORN BALLS.—Take 1 pint extracted honey; put it into an iron frying-pan, and boil until very thick; then stir in freshly popped corn, and when cool mould into balls. These will specially delight the children.

BROWN CRYSTALLIZED CORN.—Take 1 cup brown sugar, ¼ cup water, ¼ cup vinegar, 1 teaspoon butter; boil all together without stirring until it stands in cold water, as for white sugar syrup; stir this over the previously popped corn; this colors the corn a golden brown.—Mrs. J. Gloin, R.R. 2, Aylmer, Ont.

MISCELLANEOUS

WARM DRINKS

CHOCOLATE.—Scrape chocolate fine, mix with a little cold water and the yolks of eggs well beaten; add this to equal parts of milk and water, and boil well, being careful that it does not burn, sweeten to taste, and serve hot.—Mrs. John Woods, Richmond Hill, Ont.

COCOA.—Cocoa is a tasty drink when properly made, and one of the least injurious. For 1 cup take 2 level teaspoons of cocoa and the same quantity of sugar, stir together and add water drop by drop, stirring constantly until a smooth, even paste has been secured. The success of the drink depends largely upon the care used in thus mixing the water and cocoa. Place ½ cup milk over fire and allow it to heat until it begins to simmer around the sides of the pan, add the cocoa and allow it to come to the boiling point. Then remove from the fire and beat vigorously for 2 or 3 minutes. This beats the air into it and removes the heaviness of the cocoa, making it a lighter and more refreshing drink. This makes 1 cup.—Miss Blanche Stone, 505 Brunswick Avenue, Toronto.

COFFEE SECRETS.—The almost imperceptible flavor of vanilla is a great improvement to coffee; add a teaspoon of vanilla extract to coffee for four persons just before serving.

A pinch of salt in coffee helps to give a delicate flavor.

In France and Norway coffee is roasted fresh every morning on a covered shovel kept in constant motion over the fire; a piece of butter the size of a walnut and a dessertspoon of powdered sugar to three pounds of green coffee added while roasting is said to bring out

both flavor and aroma and to give the caramel taste so enjoyed by tourists in those countries.

White of an egg (the yolk should never be used) clears the coffee, but too much spoils the flavor.

Coffee essence, very useful in travelling or camping, may be made as follows: ¼ pound of ground coffee put in a percolator and simmer in 1 pint of boiling water; allow it to filter, not boil, for about 20 minutes; when cool, cork tightly in bottle or can.

2 tablespoons in a breakfast cup of hot milk makes a delicious and easily prepared drink.—H. A. T., Buffalo, N.Y.—By Courtesy of "Delineator."

FOUR WAYS OF MAKING COFFEE:

1. BOILED COFFEE WITH COLD WATER.—Proportions.—2 ounces coffee to 1 pint of water. Method.—Beat dry coffee well into 1 raw egg mixed with 4 tablespoons of cold water, add remainder of water and heat slowly to boiling. Let boil 3 minutes; let settle 5 minutes and serve.

II. BOILED COFFEE WITH BOILING WATER.—Proportions.—2 ounces coffee to 1 pint of water. Method.—Beat dry coffee well into 1 raw egg mixed with 4 tablespoons of cold water. Add boiling water and boil 3 minutes. Place where it will keep hot for 10 minutes and serve.

III.—STEAMED COFFEE.—Proportions.—2 ounces coffee to 1 pint of water. Method.—Beat dry coffee into 1 raw egg mixed with 4 tablespoons of cold water. Add boiling water; set coffee-pot on trivet in kettle of boiling water and steam 20 minutes.

IV.—FILTERED COFFEE.—Proportions.—2 ounces coffee to 1 pint water. Method.—Place coffee in strainer, place strainer in pot. Add boiling water to coffee, ½ cup at a time, at intervals of 3 to 5 minutes. If desired stronger, re-filter, serve at once. Coffee pot may be placed in a kettle of boiling water.

In exquisite flavor **Cowan's Maple Buds** **are unique**

CANADIAN COFFEE.—Take 2 tablespoons ground coffee and wet it with a little cold water. Pour over this a cup of boiling water. In another pan have an equal quantity of milk and allow it to scald, or until it begins to bubble around the edges of the pan. When the coffee boils, add the scalded milk and allow to boil until it foams up, then add a few drops of cold water to settle the grounds, and serve.—Mrs. Wm. T. Huffman.

TEA.—Allow 1 teaspoon of tea to each person. Have the teapot hot and then put in the tea; pour over this boiling water until steeper is a little more than half full; cover tightly and let it stand where it will keep hot, but not boil. Let it steep thus for 10 or 15 minutes and then, if desired, pour into a separate tea urn, adding more boiling water, in proportion of 1 cup of water for every teaspoon of dry tea used. Have hot water kettle of copper, brass or ordinary pitcher, if it will keep water almost at boiling point, and weaken tea to suit taste. Do not use water for tea that has boiled long. Spring water is the best for tea, and filtered water the next best.

TEA A LA RUSSE is made in the same way and served with a slice of lemon either in cup and tea poured over it, or placed on saucer beside cup. Rind is always left on. No cream is used in this tea.—Mrs. Joseph Woodrow, Richmond Hill, Ont.

BREAKFAST CEREALS

GENERAL RULES FOR COOKING CEREALS

1. Cook in boiling salted water—¼ teaspoon salt to 1 cup of water.

2. Quantity of dry cereal to 1 cup of water—

(a) ¼ cup oatmeal, rice or cracked grain.

(b) ½ cup rolled oats or any flaked cereal.

(c) 3 tablespoons cornmeal, farina or any granular cereal.

METHODS OF COOKING:

Whole or Cracked Grains.—Put salt and water in the top part of a double boiler and place directly over fire. When it boils, add cereal and stir frequently until it has boiled 10 minutes. Cover closely and set the top in the lower part of double boiler. Cook 3 to 12 hours. NOTE.—Rice will cook in ¾ of an hour.

Flaked Cereals.—Put salt and water in a pot and add cereal when the water boils. Stir constantly until it thickens, then boil gently for ½ hour, stirring often to prevent burning. NOTE.—These are much nicer if cooked the same as whole grains.

Granular Cereals.—Put salt and water in top part of a double boiler and place directly over fire. When it boils hard, sprinkle in the cereal, stirring quickly all the time. Stir and boil until it thickens. If quantity decreases, add more boiling water. Cover closely and set the top in the lower part of double boiler. Cook from 1 to 4 hours.

Breakfast cereals may be cooked the day before they are used, but should be left in the pot and should not be stirred while reheating. A tablespoon of water poured over the top after it is cooked will prevent a skin forming over the top.—MACDONALD INSTITUTE, Guelph, Ont.

WEIGHTS AND MEASURES FOR BAKING

For 1 pound of lard take 2 cups.
For 1 pound butter take 2 cups.
For 1 pound white flour take 4 cups.
For 1 pound Graham flour take 4½ cups.
For 1 pound cornmeal take 2⅔ cups.
For 1 pound confectioner's sugar take 3½ cups.
For 1 pound brown sugar take 2⅔ cups.
For 1 pound raisins (packed) take 2 cups.
For 1 pound currants take 2½ cups.
For 1 pound stale bread crumbs take 2 cups.
For 1 pound eggs take 9 eggs (large).

For 1 ounce butter take 2 tablespoons.
For 1 ounce flour take 4 tablespoons.
For ½ ounce baking powder take 6 tablespoons.
For 1 tablespoon take 3 teaspoons.
For 1 cup take 16 tablespoons (dry material).
For 1 tablespoon (liquid) take 4 teaspoons.
For 1 wine glass take 4 tablespoons.
For 1 pint take 2 coffee cups.
For 1 ounce salt take 1 tablespoon.

—Mrs. Jane Stacey, Bowmanville, Ont.

2.—10 eggs are equal to 1 pound.
1 pound brown sugar, 1 pound white sugar, powdered or loaf sugar broken is equal to 1 quart.
1 pound butter when soft is equal to 1 quart.
1 pound Indian meal and 2 ounces is equal to 1 quart.
1 pound wheat flour is equal to 1 quart.
4 large tablespoons are equal to ½ gill.
8 large tablespoons are equal to 1 gill.
16 large tablespoons are equal to ½ pint.
A common-sized wine glass holds ½ a gill.
A common-sized tumbler holds ½ pint.
4 teacups liquid are equal to 1 quart.

—Mrs. Thos. Smith, Jamestown, Ont.

THINGS WORTH KNOWING

1. Put soda in sour fruit for pies and they will require less sugar.
2. Figs are good boiled five minutes and served hot.
3. Wrap fruit jars with paper to keep out the light.
4. Never wash raisins, wipe with a dry cloth.
5. After paring fruit drop it in cold water to prevent it changing color.
6. Sugar loses part of its strength by boiling.
7. Wet and flour well the inside of pudding bags.

—Mrs. Thos. Smith, Jamestown, Ont.

TO PREVENT RED ANTS.—Put 1 pint of tar in an earthen vessel, pour on it 2 quarts of boiling hot water and place it in your closet.

TO REMOVE TAR.—Rub well with clean lard, afterwards wash with soap and warm water. Apply this to either hands or clothing.

TO TAKE INK OUT OF LINEN.—Dip the part in pure tallow melted, then wash out the tallow and the ink will disappear.

CURE FOR RINGWORM.—Put a penny into a tablespoon of vinegar, let it remain until it becomes green. Wash the ringworm with this 2 or 3 times a day.

CURE FOR CORNS.—The strongest acetic acid applied night and morning will cure hard or soft corns in a week.

FOR CANKER, SORE MOUTH.—Burn a corn cob and apply the ashes 2 or 3 times a day.

CURE FOR RHEUMATISM AND BILIOUS HEADACHE.—Finest turkey rhubarb ½ an ounce, carbonate magnesia 1 ounce, mix alternately, keep well corked in glass bottle. Dose, 1 teaspoon in milk and sugar the first thing in the morning. Repeat till cured. Tried with success.

TO STOP BLEEDING.—A handful of flour bound on the cut.—Mrs. Thos. Smith, Jamestown, Ont.

MORNING DEW—A good tonic for skin.—½ gill glycerine, ½ gill alcohol, ½ gill cologne, ½ ounce gum Tragacanth (not powdered).—Reah F. Kendall, Hawkestone, Ont.

CHEAP PAINT FOR KITCHEN FLOOR—And one that cleans off easily.—Apply paint with a cheap whitewash brush, and oil with a paint brush. 5 pounds bright yellow ochre, 2 pounds powdered white lead, ¼ pound white glue, 1 gallon hard water. Boil altogether and be careful it does not boil over, and apply to floor while still hot. When dry take 1 gallon boiled

oil and go over it. This recipe will cover a floor 15 x 15 ft. easily. Some like a little red ochre in it.—Mrs. Edwin B. Kerns, Zimmerman P.O., Ont.

HARD SOAP.—8 gallons soft water, 6 pounds lime, 12 pounds washing soda; boil 15 or 20 minutes. Next day skim and add to liquid 12 pounds grease and 2 pounds resin. Boil 30 minutes.—Mrs. John Brydone, Box 58, Milverton, Ont.

COSTICK SOAP.—5 pounds costick (40 cents worth), 20 quarts soft water, 25 pounds grease or scraps; boil all together in kettle for 2 hours, then add 1 cup salt; let stand over night after covering it up well. Next day cut soap out, boil again, with 10 quarts soft water, ¼ pound borax, ¼ pound resin, 1 cup turpentine, 1 cup salt, 1 cup ammonia; boil 2 hours, let stand a while; it is then finished.—Miss Edyth Howitt, Allen, Ont.

WASHING FLUID.—1 can potash lye, 1 each of muriate of ammonia, and salts of tartar. Dissolve lye and salts of tartar in 1 gallon water. When cool add the ammonia and cork up; add 1 teacup to the boiling water. Have the clothes soaked in clear water; put in while cold with plenty of soap; stir often and boil 10 or 15 minutes; take out of boiler, rub a little, then rinse thoroughly. This makes washing easy.—Mrs. Frank Mulholland, Craigvale, Ont.

Salmon (double boiler) 66
Cheese 121
Beans 133

Oatmeal pancakes — 36